


**PENDER ADULT SERVICES MENU - NOVEMBER 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Season with margarine or veg oil Bread - 1 each	Approved by: <i>Kathleen Adoma, RD, LDN</i>	1 Popcorn Shrimp Cheese Grits Green Beans Peach Slices Hushpuppies 2 % Milk	2 Pork BBQ Boiled Potatoes Coleslaw Applesauce Dinner Roll/Margarine 2 % Milk	3 Vegetable Soup Tuna Salad Sandwich Fresh Orange Crackers Cookie 2 % Milk
6 Sweet n Sour Meatballs over Brown Rice Stir Fry Vegetables Pineapple Tidbits Dinner Roll/Margarine 2% Milk	7 Parmesan Bkd Chicken Breast Rosemary Roasted Potatoes California Blend Vegetables Blushing Pear Biscuit 2 % Milk	8 Roast Turkey/Gravy Sweet Potato Half Squash/Onions Strawberries Dinner Roll/Margarine 2% Milk	9 <del>Tomato Soup</del> <del>Pimento Cheese Sandwich</del> <del>Banana</del> <del>Goldfish Crackers</del> Vanilla Puding 2 % Milk <i>No Milk</i>	10 <b>CLOSED FOR HOLIDAY</b>  <b>VETERANS DAY</b>
13 Spaghetti with Meat Sauce Tossed Salad/Dressing  Peaches Garlic Breadstick 2 % Milk	14 Oven Fried Fish Boiled Potatoes Steamed Cabbage Fruit Cocktail Cornbread Muffin 2 % Milk	15 Roasted Chicken/Broth over Brown Rice Baby Carrots Cinnamon Applesauce Garlic Cheddar Biscuit 2 % Milk	16 Stuffed Pepper  Corn Tropical Fruit Dinner Roll/Margarine 2 % Milk	17 Turkey/Cheese Sandwich Pasta Salad Tomato Juice Fruit Cocktail/Cookie Bun (Sandwich) 2 % Milk
20 Pork Chop Pinto Beans Collard Greens Pears Roll/Margarine 2 % Milk	21 Mango Chicken Rice Pilaf Sicilian Blend Vegetables Mandarin Oranges Roll/Margarine 2% Milk	22 Turkey Hot Dog Baked Beans Cole Slaw Fruit Salad/Cookie Bun (for hot dog) 2% Milk	23 <b>CLOSED FOR HOLIDAY</b>  	24 <b>CLOSED FOR HOLIDAY</b>
27 Beef Stroganoff over Noodles California Blend Veg Peaches Roll/Margarine 2 % Milk	28 Smoked Sausage Macaroni & Cheese Lima Beans Mixed Berries Cornbread Muffin 2% Milk	29 Beef Chili with Beans  Fruit Cocktail Cornbread Muffin 2% Milk	30 Chicken & Dumplings  Baby Carrots Pineapple Tidbits Biscuit/Margarine 2 % Milk	<i>Kathleen Adoma, RD, LDN</i>