## **November 2024 - Milnor**

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.

Under 60 is a charge of \$9.00 per meal.

All meals include 1% milk. Menus are subject to change.

| MONDAY             | TUESDAY                       | WEDNESDAY                         | THURSDAY                      | FRIDAY                           |
|--------------------|-------------------------------|-----------------------------------|-------------------------------|----------------------------------|
|                    |                               |                                   |                               | 1                                |
|                    |                               |                                   |                               | Parmesan Baked Cod               |
|                    |                               |                                   |                               | Roasted Red Potatoes             |
|                    |                               |                                   |                               | Asparagus Almondine              |
|                    |                               |                                   |                               | Apricots                         |
|                    | 4                             | 5 6                               |                               | Dinner Roll 8                    |
| I                  | *                             | 3                                 | '  '                          | 8                                |
| CLOSED             | Caprese Chicken               | Honey Roast Pork Chop             | Beef Stew                     | Stuffed Cabbage Roll             |
|                    | Lemon Dill Orzo               | Squash                            | Seasoned Peas                 | Mashed Potatoes                  |
|                    | Green & Gold Beans - 1 Cup    | Fresh Fruit Salad                 | House Salad                   | Seasoned Zucchini                |
|                    | Fruit Cocktail                | Hot Spiced Apples                 | Pears                         | Raspberry Gelatin w/ Raspberries |
|                    | Bread x2                      | Dinner Roll                       | WG Biscuit                    | Bread x2                         |
|                    | ••                            | 12 13                             | 14                            | 15                               |
| CLOSED             | Beef Soft Tacos (2)           | Sweet & Sour Chicken              | Swiss Steak                   | Mushroom Swiss Burger / Bun      |
|                    | Spanish Rice                  | Brown Rice                        | Cinnamon Sweet Potato         | Tuscan Potato Salad              |
|                    | Black Beans                   | Seasoned Broccoli Florets - 1 Cup | Romaine & Onion Salad         | Baked Beans                      |
|                    | Salsa                         | Vegetable Potstickers             | Strawberries                  | Tangerine                        |
|                    | Guacamole                     | Mandarin Orange                   | Bread x2                      |                                  |
|                    | Banana<br>L8                  | 19 20                             | THANKSGIVING DINNER 21        | 22                               |
|                    | 18                            | 19 20                             | I HANKSGIVING DINNER 21       | 22                               |
| CLOSED             | Beef Tips & Mushroom in Gravy | Spagetti & Meat Sauce             | Roast Turkey / Gravy          | Chicken Kiev                     |
|                    | Onion Mashed Potato           | Bruseel Sprouts - 1 Cup           | Mashed Potatoes               | O'Brien Potatoes                 |
|                    | Corn                          | Parmesan Cheese                   | Cranberry Sauce               | Capri Blend Veggies              |
|                    | Strawberry Applesauce         | Apple                             | Sage Bread Dressing           | Ginger Baked Pears               |
|                    | Bread x2                      | Garlic Bread                      | Green Bean Casserole          | Bread x2                         |
|                    |                               |                                   | Hot Fruit Compote Pumpkin Pie |                                  |
|                    |                               |                                   | Dinner Roll                   |                                  |
|                    | 25                            | 26 27                             |                               | 29                               |
|                    |                               | _                                 |                               |                                  |
| Fish & Chips       | Cornflake Chicken             | Manhattan Meatballs               | CLOSED                        | CLOSED                           |
| Coleslaw           | Company Potatoes              | Brown Rice                        |                               |                                  |
| Tropical Fruit Cup | Prince Edward Veggies         | House Salad                       |                               |                                  |
| Tartar Sauce       | Peach Crisp                   | Carrots                           |                               |                                  |

## **November 2024 - Rutland**

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Under 60 is a charge of \$9.00 per meal.

All meals include 1% milk. Menus are subject to change.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
|  |   |   |   | CLOSED  |
| 4  |   | 5 6   | 7   | 8   |
| Stuffed Cabbage Roll<br>Mashed Potatoes<br>Seasoned Zucchini<br>Raspberry Gelatin w/ Raspberries<br>Bread x2 | Caprese Chicken<br>Lemon Dill Orzo<br>Green & Gold Beans - 1 Cup<br>Fruit Cocktail<br>Bread x2    | Honey Roast Pork Chop<br>Squash<br>Fresh Fruit Salad<br>Hot Spiced Apples<br>Dinner Roll                            | Beef Stew<br>Seasoned Peas<br>House Salad<br>Pears<br>WG Biscuit  | CLOSED  |
| 11   | 1   | 2 13  | 14  | 15  |
| CLOSED   | Beef Soft Tacos (2)<br>Spanish Rice<br>Black Beans<br>Salsa<br>Guacamole<br>Banana                | Sweet & Sour Chicken<br>Brown Rice<br>Seasoned Broccoli Florets - 1 Cup<br>Vegetable Potstickers<br>Mandarin Orange | Swiss Steak<br>Cinnamon Sweet Potato<br>Romaine & Onion Salad<br>Strawberries<br>Bread x2   | French Dip Sandwich<br>Red Potatoes / Garlic<br>Sweet & Sour Beets<br>Blueberries |
| 18   | 1   | 9 20  | THANKSGIVING DINNER 21  | 22  |
| Chicken Kiev<br>O'Brien Potatoes<br>Capri Blend Veggies<br>Ginger Baked Pears<br>Bread x2                    | Beef Tips & Mushroom in Gravy<br>Onion Mashed Potato<br>Corn<br>Strawberry Applesauce<br>Bread x2 | Spagetti & Meat Sauce<br>Bruseel Sprouts - 1 Cup<br>Parmesan Cheese<br>Apple<br>Garlic Bread                        | Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll | CLOSED  |
| 25   | 2   | 27  | 28  | 29  |
| Fish & Chips<br>Coleslaw<br>Tropical Fruit Cup<br>Tartar Sauce   | Cornflake Chicken<br>Company Potatoes<br>Prince Edward Veggies<br>Peach Crisp                     | Manhattan Meatballs<br>Brown Rice<br>House Salad<br>Carrots   | CLOSED  | CLOSED  |

## **November 2024 - Cogswell and Forman**

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.

Under 60 is a charge of \$9.00 per meal.

All meals include 1% milk. Menus are subject to change.

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
|   |   |   |   | CLOSED   |
| 4   |   | 6   | 7   | 8  |
| Seasoned Zucchini<br>Raspberry Gelatin w/ Raspberries<br>Bread x2 | Caprese Chicken<br>Lemon Dill Orzo<br>Green & Gold Beans - 1 Cup<br>Fruit Cocktail<br>Bread x2    | Honey Roast Pork Chop<br>Squash<br>Fresh Fruit Salad<br>Hot Spiced Apples<br>Dinner Roll                | Beef Stew<br>Seasoned Peas<br>House Salad<br>Pears<br>WG Biscuit  | CLOSED   |
|   | Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana                               | Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets - 1 Cup Vegetable Potstickers Mandarin Orange | Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2   | French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries |
| O'Brien Potatoes<br>Capri Blend Veggies<br>Ginger Baked Pears     | Beef Tips & Mushroom in Gravy<br>Onion Mashed Potato<br>Corn<br>Strawberry Applesauce<br>Bread x2 | Spagetti & Meat Sauce Bruseel Sprouts - 1 Cup Parmesan Cheese Apple Garlic Bread                        | Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll | CLOSED   |
| Coleslaw  | Cornflake Chicken Company Potatoes Prince Edward Veggies  | Manhattan Meatballs Brown Rice House Salad  | CLOSED 28   | CLOSED 29  |
|   | Prince Edward Veggies Peach Crisp   | House Salad<br>Carrots  |   |  |