

November Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
				1 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	Week 10
4 CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	5 MEATLOAF AND GRAVY 18gm MASHED POTATOES 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	6 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	7 QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	8 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	Week 11
11 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	12 SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm CORNBREAD MUFFINS 30gm	13 SHEPHERDS PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	14 VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	15 HUNGARIAN GOULASH 17gm SWEET & SOUR CABBAGE 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	Week 12
18 PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	19 HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	20 SPINACH PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 16gm FRUIT MUFFIN 16gm	21 SESAME CHICKEN 27gm WHITE RICE WAX BEANS & PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	22 SPAGHETTI & MEATSAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	Week 1
25 CHICKEN PARMESAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	26 BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFINS 30gm	27 TURKEY WITH STUFFING/GRAVY SWEET POTATOES PUMPKIN CRISP WHOLE GRAIN ROLL	28 CLOSED HAPPY THANKSGIVING	29 CLOSED HAPPY THANKSGIVING	Week 2



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

