

# November Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> CHICKEN PARMESAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>2</b> MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	<b>3</b> QUICHE LORRAINE WITH BACON 4gm POTATOES O"BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	<b>4</b> VEGETABLE LASANGA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm
<b>7</b> SPINACH AND PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 20gm FRUIT MUFFIN 16gm	<b>8</b> MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMATOES 4gm WHOLE GRAIN ROLL 35gm	<b>9</b> FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	<b>10</b> SPAGETTI WITH MEATSAUCE 44gm GREEN BEANS AND CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	<b>11</b> BBQ PULLED PORK 5gm POTATOES O"BRIEN 12gm CARROT CAKE 23 gm HAMBURGER BUN 26gm
<b>14</b> <i>holiday meal</i> PORK ROAST WITH GRAVY 3gm MASHED POTATOES 17gm GREEN BEAN CASSAROLE PUMPKIN COBBLER WHOLE GRAIN ROLL 35gm	<b>15</b> BLACKENED TALAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	<b>16</b> COUNTRY FRIED CHICKEN 28gm MASHED POTATOES AND GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>17</b> VEGETABLE ALFREDO 18gm WAX BEAN & PEPPERS 5gm CARMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	<b>18</b> BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21 gm
<b>21</b> SHEPHERDS PIE 10gm CHEDDAR MASHED POATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	<b>22</b> HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	<b>23</b> BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>24</b> <p style="text-align: center;"><b>CLOSED</b>  <b>HAPPY THANKSGIVING</b></p>	<b>25</b> <p style="text-align: center;"><b>CLOSED</b>  <b>HAPPY THANKSGIVING</b></p>
<b>28</b> DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm	<b>29</b> BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21 gm	<b>30</b> SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm		



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.

