



Lunch menu

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Baked chicken w/gravy 1 Snap green beans Okra and tomatoes Rice Pineapple tidbits Beverage	Pork chop w/gravy 2 Green peas Macaroni and cheese Diced peaches Beverage	Beef stew with onions 3 and carrots Black-eyed peas Yellow rice Orange Beverage
Chicken and broccoli 6 rice casserole Green peas Peach crunch Beverage	Turkey & cheese sandwich 7 Potato salad Carrot raisin salad Lettuce/tomato/mayo Fresh fruit Beverage	Pot roast with vegetables 8 Mashed potatoes Brussel sprouts Cookie Beverage	Chicken fricassee 9 Turnip greens Okra and tomatoes Rice Pudding Beverage	Chipped barbeque 10 chicken with bun Baked beans Coleslaw Apple cobbler Beverage
Chicken fingers 13 w/ honey mustard sauce English peas Macaroni & cheese Cookie Beverage	Beef stroganoff with 14 noodles Sliced carrots Broccoli Yogurt Beverage	Meatloaf 15 Potatoes au gratin Green beans Whole-wheat roll Fresh fruit Beverage	Lemon pepper fish 16 Okra and tomatoes Coleslaw Rice Peach cobbler Beverage	Barbeque chicken 17 Butter beans Mustard greens Yellow rice Waldorf salad Beverage
Chicken tetrazzini 20 with noodles English peas Steamed broccoli Fresh Fruit Beverage	Chili with beans 21 Cabbage Cornbread with margarine Apple cobbler Beverage	Baked Ham 23 Black-eyed peas Sweet carrots Whole wheat roll Gelatin with fruit Beverage	Turkey with gravy 24 Cornbread dressing Yam patty Collard greens Cranberry sauce Carrot cake and Beverage	Turkey with gravy 25 Cornbread dressing Yam patty Collard greens Cranberry sauce Carrot cake and Beverage
Salisbury steak w/gravy 27 Mashed potatoes Green beans Cookie Beverage	Spaghetti & meat sauce 28 Carrots Broccoli w/cheese Garlic bread Gelatin with fruit Beverage	Baked chicken w/gravy 29 Snap green beans Okra and tomatoes Rice Pineapple tidbits Beverage	Pork chop w/gravy 30 Green peas Macaroni and cheese Diced peaches Beverage	

*Menu subject to market availability

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