

NOVEMBER 2010 MENU

*Menu items are subject to change due to availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 st Sweet & Sour Meatballs Vegetable Rice Pilaf Broccoli Whole Wheat Roll Peach Halves Chef's Special: Cabbage Roll	2 nd Bratwurst & Sauerkraut German Potato Salad California Vegetables Whole Wheat Bun Cherry Trifle Chef's Special: Soup & Salad Bar	3 rd Tuna Salad Plate Cole Slaw Cucumber & Onion Salad Whole Wheat Roll Fresh Apples Chef's Special: Chef's Choice with Ice Cream	4 th Chicken Tetrizzini Roasted Tomato Spinach Whole Wheat Roll Pineapple Tidbits Chef's Special: Stuffed Bell Peppers	5 th Cheese Burger Deluxe Steak Fries Sliced Carrots Whole Wheat Bun Fresh Fruit Chef's Special: Pizza & Salad Bar
8 th Swiss Steak Capri Blended Vegetables Broccoli Whole Wheat Roll Fresh Fruit Chef's Special: Lemon Pepper Chicken	9 th Teriyaki Glazed Chicken Breast California Vegetables Garden Salad Whole Wheat Roll Tropical Fruit Salad Chef's Special: Soup & Salad Bar	10 th Veteran's Day Celebration All Beef Hot Dogs Tater Tots Four Way Vegetables Whole Wheat Bun Chocolate Sundae Cup	11 th Veteran's Day Center's Closed	12 th Baked Tilapia with Hollandaise Sauce Broccoli Peas, Pimento & Onion Whole Wheat Roll Pineapple Upside Down Cake Chef's Special: BBQ Chicken
15 th Chicken & Bowtie Pasta Alfredo Spinach Italian Blended Vegetables Whole Wheat Roll Sliced Pears Chef's Special: Lasagna	16 th Baked Ham with Pineapple & Raisin Sauce Candied Yams Garden Salad Whole Wheat Roll Fresh Fruit Chef's Special: Soup & Salad Bar	17 th Meat Loaf O'Brian Potatoes w/ Red Peppers Baby Carrots Whole Wheat Roll Cherry Cobbler Chef's Special: Chef's Choice with Cookie	18 th Expo Chicken Chow Mein Vegetable Rice Pilaf Emperor Blended Vegetables Whole Wheat Roll Fruit Cocktail Chef's Special: Seafood Salad Plate	19 th Chef Salad Pickled Beets Potato Salad Whole Wheat Roll Apple Cobbler Chef's Special: Baked Potato Bar
22 nd Swedish Meatballs Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Fresh Fruit Chef's Special: Baked Chicken	23 rd Pork & Green Chile Stew Spanish Rice Refried Beans Flour Tortilla Apricots Chef's Special: Soup & Salad Bar	24 th Thanksgiving Celebration Roast Turkey & Dressing Mashed Potatoes Green Beans & Mushrooms Cranberry Sauce Dinner Roll Pumpkin Pie	25 th Happy Thanksgiving Centers Closed	26 th Baked Chicken Breast Mashed Potatoes Capri Blended Vegetables Whole Wheat Roll Fresh Fruit Chef's Special: Salisbury Steak
29 th Chinese Pepper Steak Asian Rice Pilaf Emperor Blended Vegetables Whole Wheat Roll Sliced Pears Chef's Special: Crab Cake	30 th Monterey Chicken Malibu Blended Vegetables Garden Salad Whole Wheat Roll Ambrosia Chef's Special: Soup & Salad Bar			