



# NOVEMBER DINNER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Grilled Salmon w/Citrus Butter Mexican Pork Chops Caribbean Chicken Breast Baked Sweet Potatoes Rice with Broccoli and Cheese ( Vegetable Medley Roasted Cauliflower Herbed Green Beans	2 Cajun Baked Fish (Green, Moderate) Chicken Cacciatore Spaghetti W/Meat sauce Mashed Potatoes Steamed Rice Broccoli Cauliflower Combo Mixed Vegetables	3 Cajun Chicken Beef and Corn Pie Parmesan Pollock Redskin Potatoes Rice with Parmesan Cheese Spinach Herbed Green Beans Peas w/ Mushrooms and Onions	4 Salmon w/Maple Ginger Glaze Baked Mexican Chicken Swiss Steak w/Brown Gravy Roasted Potatoes Mexican Rice Refried Beans w/Cheese Mixed Vegetables Green Beans	5 Spaghetti W/Meat sauce Crispy Oven Baked Chicken Lemon Baked Fish Jefferson Noodles Oven Browned Potatoes Roasted Carrots w/ Rosemary Corn on the Cob Boston Baked Beans	6 Baked Salmon BBQ Beef Cubes Spanish Rice Buttered Parsley Potatoes Peas w/ Onions Brussel Sprouts Cauliflower Parmesan	7 Tuna Noodles Jamaican Chicken ( Baked Macaroni and Cheese Rice with Parmesan Cheese Collard Greens Savory Style Beans Cauliflower Combo
8 Spaghetti w/Turkey Meat Sauce Chicken Breast Dijon Hot Italian Sausage Long Grain & Wild Rice Italian Style Baked Beans Succotash Fried Cauliflower Roasted Carrots w/ Rosemary Sautéed Peppers and Onions	9 Pork Roast Tenderloin Baja Baked Cod Pasta Provençal Scalloped Potatoes Islander Rice Broccoli Combo Corn Calico Garlic Sauteed Spinach	10 Salmon w/Maple Ginger Glaze Oriental Pepper Steak Chinese Five-Spice Chicken Brown Rice Potatoes and Herbs Snow Peas ( Summer Squash Tempura Vegetables Pot Stickers	11 Chicken with Dumplings Pasta Toscano Cantonese Spareribs Crispy Potato Wedges Brown Rice Okra Mélange Green Beans w/Mushroom Broccoli	12 Grilled Steak Shrimp Scampi Hot and Spicy Chicken Baked Potato Halves Steamed Rice Corn on the Cob Grilled Asparagus Cauliflower Parmesan	13 Lemon Basil Pasta Stuffed Green Peppers (Beef) Honey Glazed Cornish Hen Garlic Mashed Potatoes Lyonnaisé Rice Garlic Sauteed Spinach Roasted Butternut Squash ) Corn Calico	14 Beef Stew Lemon Baked Fish Herbed Baked Chicken Roasted Rosemary Potato Wedge Steamed Rice Country Style Vegetables Broccoli Combo Olive-Oil Braised Carrots w/Warm Spices
15 Southwestern Sweet Potatoes Black Beans and Corn Beef Szechwan Chicken Breast Dijon Rice Pilaf Scalloped Potatoes Peas Cauliflower Cream Style Corn	16 Turkey Lentil Chili Southwestern Fish Beef Fajitas Mexican Rice Refried Beans w/Cheese Hacienda Green Beans Mexican Corn Roasted Brussel Sprouts	17 Greek Lemon Turkey Pasta Turkish Sultan Adana Kebab Mediterranean Salmon Roasted Pepper Potatoes Brown Rice Greek Style Grilled Vegetables Green Beans w/Feta Mediterranean Grilled Asparagus Tahini Sauce	18 Crispy Oven Baked Chicken Roast Beef ( Parmesan Crusted Cod Steamed Rice Baked Sweet Potato Roasted Butternut Squash Carrots Corn Combo	19 Stuffed Baked Pork Chops Chicken Florentine Oven Fried Fish Brown Rice w/Vegetable Sicilian Mashed Potatoes Garlic Sauteed Spinach Mixed Vegetables Green Beans w/Mushrooms	20 Beef Stir Fry Baked Stuffed Fish Chicken Bulgogi Cilantro Lime Brown Rice Pilaf Lyonnaisé Potatoes Japanese Stir Fry Vegetables Succotash Glazed Carrots	21 Baked Dijon Pork Chop Chili Mac Lemon Pepper Catfish Simmered Pinto Beans Hopping John Rice Zucchini Fritters Corn Broccoli
22 Turkey Nuggets Beef and Corn Pie Almond Crusted Cod Long Grain & Wild Rice Oven Browned Potatoes Country Style Vegetables Roasted Cauliflower Grilled Asparagus	23 Sweet and Spicy Orange Salmon Cheese Tortellini with Marina Steak Ranchero Brown Rice Cottage Fried Potatoes Peas and Carrots Green Beans w/Mushrooms Summer Squash	24 Sauerbraten Meatballs Beef Pot Pie Cranberry Glazed Chicken Lyonnaisé Potatoes Buttered Egg Noodles Roasted Brussel Sprouts Savory Summer Squash French Style Peas	25 BBQ Beef Cubes Chicken Enchilada Harvest Vegetable and Bean Ragout Baked Mac and Cheese Steamed Rice Grilled Asparagus Black Eyed Peas Broccoli Combo	26 Lasagna Chicken Cacciatore Italian Broccoli Pasta Harvest Blend Rice Franconia Potatoes Scalloped Corn Herbed Green Beans Zucchini & Yellow Squash Gratin w/Parmesan & Fresh Thyme	27 Jamaican Chicken Braised Spareribs Salisbury Grilled Salmon Baked Beans Fried Okra Peas w/ Mushrooms and Onions Green Bean Sesame Glaze Southern Style Collard Greens	28 Swedish Meatballs (Ground Turkey Polynesian Fillet Steak Smothered in Onions Risque Potatoes Oriental Rice Harvard Beets Roasted Zucchini Squash w Tomatoes Cauliflower Combo
29 Country Style Fried Steak Tuna Noodles Savory Baked Chicken Long Grain & Wild Rice Glazed Sweet Potatoes Stewed Tomatoes Roasted Brussel Sprouts Corn	30 Baja Fish Taco Baked Mexican Chicken Taco Lasagna Spanish Rice Hacienda Potatoes Hacienda Green Beans Cauliflower Combo Mediterranean Lima Beans					