



# NOVEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Baked Turkey & Noodles Baked Fish w/Lemon Garlic Butter Braised Beef & Noodles Roasted Potatoes Rice w/ Parmesan Cheese Broccoli Scalloped Corn Mixed Vegetables	2 Shrimp Stir Fry Chili Mac Grilled Honey Sriracha Chicken Red Beans & Rice Baked Mac and Cheese Grilled Asparagus Collard Greens Baked Beans	3 Cheese Tortellini with Marinara Asian BBQ Turkey Cantonese Spareibs Corn Bread Dressing Steamed Rice Baked Sweet Potatoes Green beans Fried Cabbage	4 Salmon w/Maple Ginger Glaze Baked Mexican Chicken Swiss Steak w/Brown Gravy Redskin Potatoes Mexican Rice Refried Beans w/Cheese Mixed Vegetables Green Beans	5 Grilled Honey Sriracha Chicken Oven Fried Fish Meat Loaf Potato Wedges Steamed Rice Peas and Carrots Fried Cauliflower Mixed Vegetables	6 Baked Chicken Parmesan Cod Franconia Potatoes Steamed Rice Grilled Asparagus Corn Combo Black Eyed Peas	7 Shrimp Jambalaya Stuffed Green Peppers Oriental Rice Potato Wedges Spanish Style Beans Brussel Sprouts Green Beans w/Mushrooms
8 Grilled Pork Chops Sweet Chili BBQ Meatballs Harvest Vegetable and Bean Ragout Rice Pilaf Baked Sweet Potato Sautéed Collard Greens w/Garlic Black Eyed Peas Vegetable Medley	9 Fiesta Fish Southwestern Sweet Potatoes Black Beans and Corn Yankee Pot Roast Spinach & Tomato Orzo Simmered Pinto Beans Peas Cauliflower Fried Okra	10 Shrimp Kabob Beef Stir Fry Teriyaki Chicken Garlic and Soy Roasted Potatoes Steamed Rice Green Bean Sesame Glaze Oriental Stir Fry Cabbage Carrots	11 Ginger BBQ Chicken Braised Beef & Noodles Southern Fried Catfish Red Beans & Rice Mashed Potatoes Corn Spinach Harvard Beets	12 Polish Sausage Baked Salmon German Chicken Schnitzel Buttered Parsley Potatoes Brown Rice w/Tomatoes Sautéed Peppers and Onions Brussel Sprouts Mixed Vegetables	13 Santa Fe Glazed Chicken Oven Fried Fish Beef Ball Stroganoff Hopping John Rice Cottage Fried Potatoes Peas and Carrots Fried Cauliflower Savory Summer Squash	14 Hamburger Yakisoba French Fried Shrimp Bourbon Chicken Steamed Rice Roasted Pepper Potatoes Roasted Zucchini Squash w/Tomatoes Japanese Stir Fry Vegetables Succotash
15 Caribbean Catfish Jerk Roast Turkey Beef Vindaloo Steamed Rice Mashed Potatoes Butternut Squash French Style Green Beans Garlic Peas	16 Hash Kale and Vegetable Meat Loaf Baked Chicken Baked Mac and Cheese Mashed Potatoes Black Eyed Peas Honey Glazed Pea Pods & Carrots Sautéed Mushrooms and Onions	17 Lemon Basil Shrimp Pasta Met Quinoa Cakes Gyros Roasted Redskin Potatoes Barley Pilaf Roasted Zucchini Squash w Tomatoes Mediterranean Lima Beans Greek Style Grilled Vegetables Tahini Sauce	18 Southern Fried Chicken Baked Fish BBQ Brisket Sweet Potatoes Spicy Brown Pilaf Rice Southern Style Collard Greens Corn Stewed Tomatoes	19 Savory Baked Chicken California Veggie Quesadilla Grilled Salmon w/Citrus Butter Savory Style Beans Oven Browned Potatoes Cauliflower Au Gratin Carrots on the Griddle Broccoli	20 French Fried Shrimp Hot and Spicy Chicken Ziti with Meat Sauce Buttered Parsley Potatoes Harvest Blend Rice Herbed Green Beans Zucchini & Yellow Squash Gratin	21 Broccoli Quiche Shrimp Scampi Chicken Parmesan Boston Baked Beans Buttered Egg Noodles Roasted Butternut Squash Peas w/ Mushrooms and Onions Cauliflower Comb
22 Roast Beef Chicken Cordon Bleu Pasta Primavera Mashed Potatoes Steamed Rice Broccoli Combo Cream Style Corn Roasted Brussel Sprouts	23 Chicken Kabob Pepper Steak Tuna Noodles Southwestern Rice Roasted Potatoes Hacienda Corn and Black Beans Mexican Corn Sautéed Mushrooms and Onions	24 Beef Brogul Pork Schnitzel Fish Onion-Lemon Baked Rice Pilaf Hot German Potato Salad Sauerkraut Carrots Broccoli Polonaise	25 Mambo Pork Roast Marinated Tomatoes With Penne And Basil Pineapple BBQ Meatballs Islander Rice O'Brien Potatoes Curried Cauliflower Roasted Butternut Squash Vegetable Medley	26 Chicken Fajita Quinoa Stuffed Green Peppers w/Turkey and Lentils Swiss Steak w/Brown Gravy Brown Rice w/Tomatoes Simmered Pinto Beans Peas Grilled Asparagus Succotash	27 Grilled Honey Sriracha Chicken Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice Shrimp Chop Suey Steamed Rice Baked Potato Oriental Stir Fry Cabbage Snow Peas Corn Combo	28 Turkey Ala King Cheese Tortellini with Marinara Fish w/SW Salsa Spinach & Tomato Orzo Parmesan Rice Roasted Cauliflower Broccoli Mixed Vegetables
29 Pepper Steak Pork Adobo Baked Fish w/Lemon Garlic Butter Filipino Rice Oven Browned Potatoes Corn Calico Vegetable Tempura Spinach	30 Basil Baked Fish Turkey Breast Fillet Pasta Provençal Mashed Potatoes (Green, Moderate) Jefferson Noodles Cauliflower Carrots Broccoli Parmesan					