






**\$3.00 Suggested Donation**  
**Thank You for your donations!**

# November 2018

Name: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US Administration on Aging &amp; state funds by the RIDEA.</i></p> <p><i>Your donations help keep the program going!</i></p>	<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p><b>Salad Option for the Month</b>            Sliced Turkey, Tomato, Craisins, Walnuts, Spinach/Iceberg Blend Balsamic Dressing</p> <p><b>Starting Monday, November 5th</b></p>	<p><b>1</b> Turkey Vegetable Soup  <b>American Chop Suey</b>            Wheat Elbow Pasta            Broccoli Spears            Fresh Fruit            Wheat Bread  <i>(Sliced Chicken &amp; Cheese on Wheat)</i></p>	<p><b>2</b> Shrimp &amp; Corn Bisque  <b>Florentine Fish</b>            Mashed Potatoes            Baby Whole Carrots            Pudding            Oatmeal Bread  <i>(Roast Beef &amp; Cheese on Oatmeal)</i></p>
<p><b>5</b> Onion Soup  <b>Swedish Meatballs</b>            Buttered Noodles            Green Beans            Cookies            Marble Bread  <i>(Turkey Salad on Marble)</i></p>	<p><b>6</b></p> <div style="text-align: center;">  <b>CLOSED</b>  </div> <p style="text-align: center;"><b>Election Day</b></p> <p style="text-align: center;">Open for Evening Bingo            Doors Open at 5:00 PM</p>	<p><b>7</b> Lentil Soup  <b>Roast Pork Loin w/Applesauce</b>            Mashed Sweet Potatoes            Mixed Vegetables            Fresh Fruit            Rye Bread  <i>(Italian Grinder)</i></p>	<p><b>8</b> Chicken Soup  <b>French Meat Pie</b>            Seasoned Spinach            Brownie            12 Grain Bread  <i>(Bologna &amp; Cheese on Multi Grain)</i></p>	<p><b>9</b> Beef Vegetable Soup  <b>Chicken Cordon Bleu w/Gravy</b>            Rice Pilaf            Florentine Blend Vegetables            Spumoni            Wheat Bread  <i>(Meatloaf on Wheat)</i></p>
<p><b>12</b></p> <div style="text-align: center;"> <p><b>CLOSED</b></p>  <p><b>Veterans Day</b></p> </div>	<p><b>13</b> Escarole &amp; Bean Soup  <b>Herb Roasted Grilled Chicken</b>            Garlic Mashed Potatoes            Asparagus Tips            Diced Pears            Multi Grain Bread  <i>(Tuna on Multi Grain)</i></p>	<p>14 100% OJ  <b>Cheese Omelet</b>            2-Fruit Filled Pancakes w/Syrup            Baked Tomato Half            Greek Yogurt  <i>(Turkey &amp; Cheese on a Roll)</i></p>	<p><b>15</b> <b>Fall Fling</b>  <b>No Blackstone Lunch</b>  <b>Chicken Soup</b>  <b>Stuffed Chicken Breast</b>  <b>Mashed Potatoes &amp; Gravy</b>  <b>Carrots   Bread &amp; Butter</b>  <b>Coffee/Tea &amp; Dessert</b>  <b>\$10 Per Person</b>  <b>Purchase Tickets at Front Desk</b>  <b>Deadline November 8th</b></p>	<p><b>16</b> Italian Wedding Soup  <b>Roast Turkey w/Gravy</b>            Cornbread Stuffing            Sliced Seasoned Carrots            Pumpkin Pudding            Dinner Roll Cranberry Sauce  <i>(Seafood Salad on a Roll)</i></p>
<p><b>19</b> Beef Barley Soup  <b>Tuna Salad</b>            Tortellini Salad            Beet &amp; Onion Salad            Shortbread Cookie            Pumpernickel Bread  <i>(Turkey &amp; Swiss on Pumpernickel)</i></p>	<p><b>20</b> Vegetable Soup  <b>Chicken Cacciatore</b>            Seasoned Whole Wheat Pasta            Broccoli            Fresh Fruit            Wheat Bread  <i>(Salami &amp; Provolone on Wheat)</i></p>	<p><b>21</b> Minestrone Soup  <b>Pot Roast w/Gravy</b>            Mashed Potatoes            Mixed Vegetables            Tapioca Pudding            Marble Bread  <i>(Italian Tuna on Marble)</i></p>	<p><b>22</b></p> <div style="text-align: center;"> <p>HAPPY</p> <p><b>Thanksgiving</b></p>  <p><b>CLOSED</b></p> </div>	<p><b>23</b></p> <div style="text-align: center;"> <p><b>CLOSED</b></p>  </div>
<p><b>26</b> Tomato &amp; Brown Rice Soup  <b>Shepherd's Pie</b>            Roasted Brussel Sprouts            Sliced Peaches            Multi Grain Bread  <i>(Chicken Salad on Multi Grain)</i></p>	<p><b>27</b> Egg Drop Soup  <b>Seafood Chow Mein</b>            Crunchy Noodles            Asian Blend Vegetables            Angel Food Cake            Wheat Dinner Roll  <i>(Egg Salad on Wheat)</i></p>	<p><b>28</b> Red Chowder  <b>Stuffed Sole</b>            Red Bliss Mashed Potatoes            Seasoned Zucchini            Fresh Fruit            Oatmeal Bread  <i>(Ham Salad on Oatmeal)</i></p>	<p><b>29</b> 100% Grape Juice  <b>Turkey Chili w/Cheese</b>            Corn Bread            Tossed Salad w/Dressing            Fruit Cocktail            Rye Bread  <i>(Corned Beef &amp; Cheese on Rye)</i></p>	<p><b>30</b> Pasta &amp; Bean Soup  <b>Meatballs w/Sauce</b>            Seasoned Shells            Roasted Peppers &amp; Onions            Ice Cream            Whole Wheat Bread  <i>(Shrimp Salad on Whole Wheat)</i></p>