








Monday	Tuesday	Wednesday	Thursday	Friday
 <p>THANK YOU!</p>	 <p>NOVEMBER ...is National Diabetes Month. See back of menu for free classes offered in Niagara County.</p>	 <p>Happy Thanksgiving</p>	<p>1) Beef Stroganoff Linguine Mixed Vegetables Wheat Dinner Roll Heavenly Hash</p>	<p>2) Breaded Chicken Drumsticks Baked Beans Scandinavian Vegetables Cornbread Fresh Fruit</p>
<p>5) Goulash Broccoli Wheat Bread Fresh Apple (Parmesan pc)</p>	 <p>Election Day No Meals Served November 6</p>	<p>7) Chicken Fingers with Ranch Dressing Potatoes O'Brien Country Blend Vegetables Dinner Roll Brownie (Ranch Dressing)</p>	<p>8) Hot Roast Beef & Gravy on a Wheat Bun Mashed Potatoes Salad Mix (Romaine & Musclun, tomato/cuke/onion) Peach Polka Dot Dessert (salad dressing & horseradish pc)</p>	<p>9) Turkey and Cheese Sub with Lettuce and Tomato on a Small Hoagie Roll <u>Minestrone Soup</u> Potato Salad Chocolate Chip Cookies (Mayonnaise/Mustard pc)</p>
 <p>Veterans Day No Meals Served November 12</p>	<p>13) Cheese Tortellini with Tomato Sauce Capri Blend Vegetables Italian Bread Sugar Cookies (Parmesan pc)</p>	<p>14) <u>Thanksgiving Special Meal</u> Roast Turkey Breast & Gravy Mashed Potatoes Baked Squash Dinner Roll Bread Stuffing Pumpkin Pie (Whipped Topping) (Cranberry Sauce pc)</p>	<p>15) Baked Chicken Leg with Gravy Confetti Rice (Peas & Red Pepper) Beets Cornbread Chilled Pears</p>	<p>16) Sliced Glazed Ham Scalloped Potatoes Peas Dinner Roll Butterscotch Pudding (with Whipped Topping)</p>
<p>19) Roast Pork Au Jus Au Gratin Potatoes Carrot Coins Dinner Roll Apple Crisp</p>	<p>20) Stuffed Pepper with Meat Sauce Mashed Potatoes Broccoli Wheat Roll Mandarin Orange Delight</p>	<p>21) Beef Stew Spinach Biscuit Chilled Peaches</p>	 <p>Nov. 22 No Meals Served</p>	 <p>Nov. 23 No Meals Served Happy Shopping!</p>
<p>26) Meatloaf with Gravy Mashed Potatoes Green Beans and Carrots Wheat Bread Carnival Cookies (ketchup pc)</p>	<p>27) Grilled Chicken Breast with Lettuce & Tomato on a Wheat Sandwich Roll Greek Potatoes <u>Hearty Vegetable Soup</u> Hello Dolly Bar (Mayo pc & Feta Cheese Crumbles)</p>	<p>28) Spaghetti & Meatballs Chef Salad (Romaine/cabbage, carrots, tomato, cucumber) Italian Bread Fruited Gelatin (whipped topping) (Parmesan pc & Salad Dressing)</p>	<p>29) Macaroni and Cheese Stewed Tomatoes Wheat Bread Fresh Fruit</p>	<p>30) Stuffed Cabbage Roll with Meat Sauce Mashed Potatoes Broccoli Dinner Roll Chilled Fruit Cup</p>

All meals are served with bread, butter, 1% chocolate milk, 1% or 2% milk, coffee or tea. Eat Well... Stay Well Lunch Sites are located throughout Niagara County. Call **438-4031** for more information. **Suggested Contribution for meals is \$3.25.** Menus are subject to change without notice. This is a Niagara County Office for the Aging Program serving the population age 60 and older. Menus approved by Lisa G. Smith, RD.