

NOVEMBER 2022

Douglas County Senior Center

* Milk Served Daily

*Sliced WW Bread Available Upon Request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Roast Pork Tenderloin Potato Salad Honey Dijon Vegetables Spring Salad w Tangy Yogurt Drsg Tropical Fruit Cup\ Simmered Beans with Bacon	2 Harvest Chicken Salad w Roasted Butternut Squash Sliced Apples, Baby Corn Romaine Lettuce, Candied Pecans, Garbanzo Beans Peach Pie Apple Juice	3 Beef Stew (Potato, Celery, Onion, Carrots) Corn Bread Caesar Salad Mixed Fruit Cup Chocolate Cherry Cake	4 BBQ Chicken Roasted Vegetables Broccoli Salad Cracked Wheat Bread Strawberries
7 Honey Lemon Chicken Garlic and Pepper Penne Cracked Wheat Bread Brussel Sprouts Garden Salad w Creamy Italian Dressing Peaches	8 Spaghetti in Meat Sauce Zucchini, Colorful Salad FF Creamy Italian Drsg, 7 Grain Bread Orange Mango Cup	9 Birthday Day Pot Roast Grape Juice Garden Salad w Bleu Cheese Drsg Asparagus Roasted Red Potatoes Topped W French Fried Onions Cake and Ice Cream	10 VETERANS DAY CELEBRATION Fried Chicken Mashed Potatoes & Gravy 3 Bean Salad Biscuit Key Largo Vegetables Sliced Spiced Apples Holiday Cupcake	11 HOLIDAY
14 Chicken Parmesan CA Blend Vegetables Orange Spinach Salad Toasted Bread Stick Fruit Cocktail	15 Spanish Rice Turkey Taco Salad FF Creamy Italian Dressing Chantilly Fruit Cup	16 Chicken Taco Fettucine Southwest Salad w Black Beans, Orange Cup Green Beans Pudding w Whip Cream	17 Pepper Steak w/Onions and Bell Peppers Steamed Rice Carrots Bran Muffin Grape Juice	18 Breaded Cod w/ Tartar Sauce Arcadian w/Dried Cherries and Gorgonzola Salad Butternut Squash, Brussel Sprouts w/ Cranberries and Pecans Diced Pears Pumpkin Cake
21 Lasagna Chopped Spinach LFLS Italian Dressing Garlic Bread Fresh Orange	22 Chicken Egg Roll Fried Rice Broccoli Spears Mango Cubes	23 THANKSGIVIN FEAST Turkey & Stuffing Mashed Potatoes & Gravy Ambrosia Fruit Salad Sweet Potatoes, Squash Casserole, Green Bean Casserole, WW Roll, Cranberry Sauce & Pumpkin Pie	24 HOLIDAY	25 HOLIDAY
28 Soup Lemon Baked Fish Peas & Carrots WW Bread w/ Jam Ginger Cookie Spiced Applesauce	Tomato 29 Beef Stroganoff, Noodles Baked Acorn Squash Orange Spinach Salad Plums	30 White Chicken Chili w/ Cheese and Onions Marinated Tomato Salad Corn Muffin Peach Cobbler		