

# November 2021

1 - Monday	2 - Tuesday	3 - Wednesday Nat'l Sandwich Day	4 - Thursday	5 - Friday
Bone-in Garlic Parmesan Chicken Stewed Tomatoes Spinach Casserole Peaches      Lemon Bar  <b>MO: Hummus Wrap</b> <b>NCS: SF Pudding</b>	Beef Stew Biscuit Corn Chunky Applesauce Banana Bar  <b>MO: Veggie Beef Stew</b> <b>NCS: Banana</b>	Chicken Strips Steamed Brussel Sprouts Calico Beans Mixed Fruit Cookie   <b>MO: Veggie Chicken</b> <b>NCS: SF Cookie</b>	Pot Roast in Gravy Garlic Herb Mashed Potatoes Carrots Pineapple Tidbits Pumpkin Bar  <b>MO: Veggie Meatballs</b> <b>NCS: Spiced Peaches</b>	*Ham Potato Casserole Peas                  Peaches Strawberry Jell-O with Pears  <b>MO: Soy/Potato Casserole</b> <b>NCS: SF Jell-O</b>
8 - Monday	9 - Tuesday	10 - Wednesday	11 - Thursday Veterans Day	12 - Friday
Chicken & Gravy Over White Bread Carrots                  Broccoli Orange                  Cookie  <b>MO: Veggie Chick'n in Gravy</b> <b>NCS: SF Cookie</b>	Sloppy Joe Potato Salad Mixed Vegetables Banana Cake  <b>MO: Chickpea Joe</b> <b>NCS: SF Jell-O</b>	*BBQ Ribs Cheesy Potatoes Pickled Beets Warm Spiced Pears  <b>MO: BBQ Veggie Meatballs</b> <b>NCS: N/A</b>	Chicken Stew Mixed Greens Copper Penny Salad Applesauce Pudding   <b>MO: Veggie Stew</b> <b>NCS: SF Pudding</b>	Cheeseburger Calico Beans Potato Salad Fruit Cocktail Cookie <b>MO: Black Bean Burger</b> <b>NSF: Cookie</b>
15 - Monday – Clean Out Your Fridge Day	16 - Tuesday	17 - Wednesday	18 - Thursday	19 - Friday
*Meatballs in Marinara Over Penne 4 Bean Salad Peaches Brownie   <b>MO: Veggie Meatballs</b> <b>NCS: SF Pudding</b>	Fish Sandwich Yams Peas Pears Cake  <b>MO: Hummus Wrap</b> <b>NCS: SF Cookie</b>	Bone-in BBQ Chicken Baked Potato Banana Cherry Crisp  <b>MO: Veggie BBQ Chick'n</b> <b>NCS: OJ Carton</b>	Rustic Tomato Bean Soup Caesar Salad Pineapple Jell-O  <b>MO: Tomato Bean Soup</b> <b>NCS: SF Jell-O</b>	Roast Turkey in Gravy Cranberry Stuffing Green Bean Casserole Yam Bake Spiced Pears                  Pie  <b>MO: Egg Salad Sandwich</b> <b>NCS: SF Pie</b>
22 - Monday	23 - Tuesday	24 Wednesday	25 - Thursday Thanksgiving	26 - Friday
Lemon Dill Baked Fish Baked Potato Coleslaw Cake  <b>MO: Veggie Wrap</b> <b>NCS: SF Jell-O</b>	*Pork Loin in Gravy Mashed Potatoes Peas Mandarin Oranges Pie  <b>MO: Red Beans &amp; Rice</b> <b>NCS: SF Cookie</b>	Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Peaches                  Brownie  <b>MO: Marinara Sauce</b> <b>NCS: SF Pudding</b>	<b>SENIOR CENTER CLOSED</b>  	
29 - Monday	30 - Tuesday Giving Tuesday	Senior Dining  Meals provided by: Dane County Consolidated Food Service  <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</i>  MO: meatless option *contains pork SF: sugar free    NCS: no concentrated sugar		
Chicken a la King Brown Rice Capri Blend Broccoli Salad Fruit Cocktail Cake  <b>MO: Soy a la King</b> <b>NCS: SF Pudding</b>	Chili Baked Potato Cornbread Warm Cinn. Spiced Apples Cookie <b>MO: Veggie Chili</b> <b>NCS: SF Cookie</b> 			