



November 2022 Congregate Meal Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | November 1 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread BIRTHDAY CAKE! | November 2 Stadium Hot Dog 1/2c Cheesy Hashbrowns 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges | November 3 Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad | November 4 1/2c. Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits |
| November 7 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit | November 8 1c. Cabbage Casserole w/ 2oz Tomato Sauce 1/2c. Hashbrown Potatoes 1/2c Peas 1 Dinner Roll Fresh Fruit | November 9 1/2c. Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie | November 10 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin | November 11 |
| November 14 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple | November 15 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit | November 16 1/2c. Roasted Pork w/ Apples 1/2c Parsley Potatoes 1/2c Lima Beans 1 Mini Biscuit w/ Apple Butter Cookie | Thanksgiving Special November 17 Roast Turkey w/ Gravy Stuffing Whipped Potatoes Mixed Vegetables Dinner Roll Pumpkin Pie | November 18 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad Cornbread 1/2c Applesauce |
| November 21 1/2c. Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit | November 22 Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches | November 23 1c. Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding | November 24 | November 25 CENTERS CLOSED |
| November 28 Glazed Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie | November 29 3/4c. Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles 1 Breadstick 1/2c Mixed Fruit | November 30 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit | | |

Please call the center at 717-938-4649 or go to www.community.copilot21.com to reserve your meal by 10:30 AM at least one business day in advance.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***