



**November 2021
Congregate Meal Menu**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1	Election Day November 2	November 3	November 4	November 5
Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans White Bread 1/2c Sliced Peaches	Pineapple Glazed Ham 1/2c Sweet Potatoes 1/2c Peas & Carrots Wheat Bread Fresh Fruit	Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread 1/2c Mixed Fruit		
November 8	November 9 November Birthdays	November 10	November 11	November 12
Chicken & Dumplings 1c 1/2c Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c Applesauce	BBQ Pork Ribette 1/2 c. Sweet Potato Bites 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight Birthday Cake	Bacon Bleu Cheeseburger w/ Bacon, Lettuce, Tomato Potato Salad Hamburger Roll Fresh Fruit	 Happy Veterans Day	
November 15	November 16 Thanksgiving Special!!	November 17	November 18	November 19
Swiss Steak w/ 2oz Onion Gravy 1/2c Ranch Potatoes 1/2c Diced Carrots Wheat Bread 1/2c Blushed Pears	Roast Turkey w/ Gravy 2oz Stuffing 1/2c Whipped Potatoes 1/2c Mixed Vegetables Dinner Roll Pumpkin Pie w/ Whipped Topping	1c Chili 1oz Cheddar Cheese 1c Tossed Salad Cornbread 1/2c Applesauce		
November 22	November 23	November 24	November 25	November 26
Roasted Pork w/ Dijon Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread Fresh Fruit	Chicken Bruschetta 1/2c. Pesto Pasta 1c. Mixed Greens Salad w/ Drs 1/2c Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries & Topping	Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie		
November 29	November 30			
Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples	BBQ Chicken Thigh 1/2c Bowtie Pasta 1c Tossed Salad Wheat Bread Fresh Fruit			

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

Thursday and Friday meals are frozen and must be picked up on Wednesdays.

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