

# ST MARYS SENIOR CENTER NOVEMBER 2023 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>OPEN FOR DINE IN MEALS ON WHEELS PICK UP</b></p>	<p><b>1</b> Crustless Chicken Pot Pie with Biscuit on Top Au Gratin Potatoes Peas &amp; Carrots Fruit</p>	<p><b>2</b> Ham &amp; Potato Soup Wheat Crackers Pea Salad Applesauce Biscuit</p>	<p><b>3</b> BBQ Chicken Hashbrown Casserole Baked Beans Bread Apricots Cookie</p>
<p><b>6</b> Ziti Green Beans Garlic Bread Fruit Brownie</p>	<p><b>7</b> Vegetable Beef Soup Crackers Kidney Bean Salad Caramel Pear Pudding Muffin</p>	<p><b>8</b> Roast Beef Mashed Potatoes &amp; Gravy Peas &amp; Carrots Wheat Roll Strawberries</p>	<p><b>9</b> Roast Turkey &amp; Dressing Mashed Potatoes &amp; Gravy Green Beans Cranberry Sauce Hot Roll Pumpkin Crunch</p>	<p><b>10</b> Tuna Casserole Peas Stewed Tomatoes Bread Apricots</p>
<p><b>13</b> Lemon Tilapia Rice Pilaf Asparagus Garlic Bread Fruit</p>	<p><b>14</b> Porcupine Meatballs Baked Potato Broccoli with Cheese Sauce Hot Roll Rosy Pears</p>	<p><b>15</b> Sweet 'n' Sour Pork over Rice Mixed Vegetables Bread Stick Pineapple Crumble</p>	<p><b>16 BIRTHDAY DINNER</b> Oven-Fried Chicken Mashed Potatoes &amp; Gravy Green Beans &amp; Onions Wheat Roll Strawberry Shortcake</p>	<p><b>17</b> Beef Stew Coleslaw Biscuit Mixed Fruit Cookie</p>
<p><b>20</b> Taco Salad Corn Garlic Breadstick Cinnamon Apples</p>	<p><b>21</b> Chicken &amp; Noodles Kidney Bean Salad Crackers Fruit Cocktail Brownie</p>	<p><b>22</b> Pork Cutlet with Gravy Roasted Potatoes Green Beans &amp; Onions Hot Roll Cinnamon Applesauce Brownie</p>		<p><b>24</b></p> 
<p><b>27</b> Meatloaf Mashed Potatoes Cauliflower Roll Fruit</p>	<p><b>28</b> Smothered Chicken Hashbrowns Steamed Broccoli Wheat Bread Fruit Cobbler</p>	<p><b>29</b> Chili Crackers Coleslaw Peaches Cinnamon Roll</p>	<p><b>30</b> Roast Pork Baked Sweet Potatoes Cauliflower Wheat Roll Rosy Applesauce</p>	<p><b>FOR RESERVATIONS CALL 785 321 1225 MENU SUBJECT TO CHANGE</b></p>

PLEASE MAKE YOUR RESERVATION EARLY IN THE MONTH OR EVERY FRIDAY FOR THE FOLLOWING WEEK