

Entrée Meal

November 2022

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Cheese Enchilada Corn with Peppers Peas	2 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	3 Beef Steak + Onion Gravy over Brown Rice Carrots Pepperonata	4 Mushroom Chicken over Brown Rice Broccoli Cauliflower	5 Teriyaki Chicken over Brown Rice Peas Creamed Corn	6 Turkey and Gravy Mashed Potatoes Broccoli
7 Cheese Cannelloni Carrots and Peas Green Beans	8 Baked Chicken over Brown Rice Mashed Potatoes Broccoli	9 Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn	10 Spaghetti and Meat Sauce Peas Corn	11 Swiss Steak w/ Gravy Garlic Mashed Potatoes Green Beans	12 Pollo Santa Fe over Rice Refried Beans Broccoli	13 Chicken Enchilada Refried Beans Peas with Peppers
14 Chicken Cordon Bleu over Brown Rice California Veggies Cinnamon Apples	15 Chicken Chow Mein over Brown Rice Corn Carrots	16 Beef and Cheese Enchilada Mexi-Corn Poached Pears	17 Turkey Enchilada Casserole Pinto Beans Mexi-Corn	18 Teriyaki Chicken over Brown Rice Peas Creamed Corn	19 Rotini and Meat Sauce Mixed Vegetables Poached Pears	20 Mushroom Chicken over Brown Rice Broccoli Cauliflower
21 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	22 Macaroni Shells in Meat Sauce Italian Blend Veggies Corn	23 Curry Chicken over Brown Rice Sweet Potato Mixed Vegetables	24 SPECIAL HOLIDAY MEAL	25 Cheese Cannelloni Carrots and Peas Green Beans	26 Chicken Primavera Rotini Carrots Green Beans	27 Beef and Cheese Enchilada Mexi-Corn Poached Pears
28 White Bean Chicken Chili Brown Rice Carrots	29 Teriyaki Meatballs over Brown Rice Green Beans Cauliflower + Mushrooms	30 Spaghetti and Meat Sauce Peas Corn				

*Beverage choice: soymilk, juice or bottled water. Menu subject to change.