

Gluten Friendly Meal

November 2022

MON TUE WED THU FRI SAT SUN						
	1 Roast Beef + Gravy Baked Potato Turnip Greens	2 BBQ Pork Riblet Baked Beans Creamed Spinach	3 Turkey Enchilada Casserole Pinto Beans Mexi-Corn	4 Chicken Chow Mein over Brown Rice Green Peas and Corn	5 Beef Enchilada Mexi-Corn Poached Pears	6 Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans
7 Scrambled Eggs with Ham Hashed Browns Potatoes Baked Beans	8 Glazed Turkey Ham Mashed Potatoes Green Beans	9 Pepper Steak in Gravy Country Style Hashed Browns Zucchini	10 Chicken Fajitas Brown Rice Mexi-Corn	11 Beef Stew Potatoes Mixed Vegetables	12 Curried Chicken Strips Brown Rice Mixed Vegetables Cauliflower	13 Beef Burgundy Mashed Potatoes Green Beans
14 Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans	15 Beef Steak and Onion Gravy over Brown Rice Broccoli Pepperonata	16 Chicken Chow Mein over Brown Rice Green Beans Corn	17 Glazed Turkey Ham with Mashed Potatoes Green Beans	18 Beef Steak and Onion Gravy over Brown Rice Broccoli Pepperonata	19 Turkey + Gravy Sweet Potatoes Scandinavian Vegetables	20 BBQ Pork Riblet Baked Beans Creamed Spinach
21 Beef + Cheese Enchilada Mexican Corn Poached Pears	22 Chicken Fajitas Brown Rice Mexican Corn	23 Chili with Peas Corn Carrots	24 Mandarin Chicken over Brown Rice Oriental Blend Vegetables Peas	25 Beef Burgundy Mashed Potatoes Green Beans	26 Teriyaki Chicken with Brown Rice Oriental Vegetables Peas	27 Scrambled Eggs with Ham Hash Browns Cinnamon Apples
28 Turkey Enchilada Casserole Pinto Beans Mexican Corn	29 Salisbury Steak with Gravy Peas Carrots	30 Curry Chicken with Brown Rice Sweet Potatoes Mixed Vegetables				

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