

Renal + County Meal

November 2022

MON TUE WED THU FRI SAT SUN						
	1 Chicken Chow Mein over Brown Rice Corn Carrots	2 Beef Burgundy Mashed Potatoes Carrots	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 Roast Beef and Gravy Turnip Greens Carrots
7 Beef Burgundy Mashed Potatoes Carrots	8 Baked Chicken over Brown Rice Mashed Potatoes Broccoli	9 Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn	10 Roast Beef and Gravy Turnip Greens Carrots	11 Swiss Steak with Gravy Sweet Potato Cannellini Beans	12 Chicken Noodle Casserole Mixed Vegetables Broccoli	13 Chicken Fettuccini in Alfredo Sauce Peas Carrots
14 Beef Steak + Onion Gravy over Brown Rice Carrots Pepperonata	15 Chicken Chow Mein over Brown Rice Corn Carrots	16 Teriyaki Meatballs over Brown Rice Green beans Cauliflower with	17 Chicken Noodle Casserole Mixed Vegetables Broccoli	18 Teriyaki Chicken over Brown Rice Peas Creamed Corn	19 Swiss Steal with Gravy Sweet Potato Cannellini Beans	20 Mushroom Chicken over Brown Rice Broccoli Cauliflower
21 Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	22 Mushroom Chicken over Brown Rice Broccoli Cauliflower	23 Beef Burgundy Mashed Potatoes Carrots	24 Roast Beef and Gravy Turnip Greens Carrots	25 Chicken Noodle Casserole Mixed Vegetables Broccoli	26 Beef Stroganoff Carrots Lima Beans	27 Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn
28 White Bean Chicken Chili Brown Rice Carrots	29 Beef Stroganoff Carrots Lima Beans	30 Teriyaki Chicken over Brown Rice Peas Creamed Corn				

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