

MONTHLY MENU FOR PASCO COUNTY ELDERLY NUTRITION/MEALS ON WHEELS PROGRAM

MONTH: NOVEMBER 2009

7/23/09

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>November 2 Lasagna Casserole Spinach Italian Vegetable Medley Whole Grain Wheat Bread w/Margarine Oatmeal Raisin Cookie Low Fat Milk</p> <p>I</p> | <p>November 3 BBQ Pork Riblet Lyonnaise Potatoes Green Peas Whole Grain Wheat Bread w/Margarine Chunky Cinnamon Apples Low Fat Milk</p> | <p>November 4 Oven Baked Fish Filet w/Tartar Sauce Cheesy Grits Tomatoes & Okra Whole Grain Wheat Bread Mixed Fruit Low Fat Milk</p> | <p>November 5 Vegetable Soup Grilled Chicken Breast Patty w/Chicken Gravy Mashed Potatoes Broccoli Cuts Whole Grain Wheat Bread w/Margarine Fresh Fruit Low Fat Milk</p> | <p>November 6 Meatballs w/Brown Gravy Rice Pilaf Mixed Vegetables Whole Grain Wheat Bread w/Margarine Peaches Low Fat Milk</p> |
| <p>November 9 Baked Meatloaf w/Mushroom Gravy Mashed Potatoes Baby Brussel Sprouts Whole Grain Wheat Bread w/Margarine Pineapple Chunks Low Fat Milk</p> <p>II</p> | <p>November 10 Chicken Florentine Penne Pasta w/Garlic Oil Tuscan Blend Vegetables (Squash, Mixed Vegetables) Tossed Salad w/Italian Dressing Whole Wheat Bread w/Margarine Fresh Orange Low Fat Milk</p> | <p>November 11</p> <p style="text-align: center;">VETERAN'S DAY SITES CLOSED THERE WILL BE NO DELIVERIES</p> | <p>November 12 – Birthday Celebration Beef and Macaroni Green Beans Carrot Cuts Italian Bread Congregate: Birthday Cake & Ice Cream Home Delivery: Birthday Cake & Pudding Low Fat Milk</p> | <p>November 13 BBQ Chicken Leg Quarter Mashed Potatoes Broccoli Whole Grain Wheat Bread w/Margarine Mixed Fruit Low Fat Milk</p> |
| <p>November 16 Sliced Turkey Breast w/Turkey Gravy Whipped Sweet Potatoes Garden Peas White Bread w/Margarine Cranberry Orange Relish Low Fat Milk</p> <p>III</p> | <p>November 17 Beef Stew Parsley White Rice Lima Beans French Bread w/Margarine Peaches Low Fat Milk</p> | <p>November 18 Minestrone Soup Grilled Chicken Breast Coq au Vin Herb Mashed Potatoes Harvard Beets Whole Grain Wheat Bread w/Margarine Chocolate Chip Cookie Low Fat Milk</p> | <p>November 19 Beef Tips in Sauce Noodles w/Mushroom Gravy Garden Peas Whole Grain Wheat Bread w/Margarine Fresh Fruit Low Fat Milk</p> | <p>November 20 Frankfurter w/Mustard Baked Beans Mixed Vegetables Hot Dog Bun Pineapple Chunks Low Fat Milk</p> |
| <p>November 23 Pork Chop Patty w/Brown Gravy Black Eye Peas Country Vegetable Medley Corn Bread Square w/Margarine Peaches Low Fat Milk</p> <p>IV</p> | <p>November 24 Meatballs w/Tomato Gravy Potatoes Au Gratin Broccoli Whole Grain Wheat Bread w/Margarine Apple Crisp Low Fat Milk</p> | <p>November 25 – Thanksgiving Celebration Sliced Turkey & Gravy Whipped Potatoes Peas & Carrots Whole Grain Wheat Roll w/Margarine Cranberry Sauce Special Holiday Dessert Low Fat Milk</p> | <p>November 26</p> <p style="text-align: center;">THANKSGIVING DAY SITES CLOSED THERE WILL BE NO DELIVERIES</p> | <p>November 27</p> <p style="text-align: center;">THANKSGIVING HOLIDAY SITES CLOSED THERE WILL BE NO DELIVERIES</p> |
| <p>November 30 Lasagna Casserole Spinach Italian Vegetable Medley Whole Grain Wheat Bread w/Margarine Oatmeal Raisin Cookie Low Fat Milk</p> <p>I</p> | | | | |