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| | <u>1</u> Baked Chicken Breast Potato Wedges Peas Applesauce Wheat Bread | <u>2</u> Country Fried Steak with Gravy Mashed Potatoes Carrots Sliced Peaches Pudding Cup Wheat Bread | <u>3</u> Chicken Fajitas with Peppers and Onions Spanish Rice Refried Beans Tropical Fruit Juice Cup Tortilla/Sour Cream | <u>4</u> Scampi Style Tilapia Garden Vegetable Rice Broccoli Orange Fruit Juice Wheat Roll |
| <u>7</u> Turkey Pot Roast Diced Potatoes Baby Carrots Fruit Cocktail Wheat Roll |  <u>ELECTION DAY 8</u> Honey Ham Au Gratin Potatoes Lima Beans Pineapple Rings Wheat Bread | <u>9</u> Paprika Chicken Quarter Potato Salad Zucchini & Tomatoes Golden Peach Crumble White Bread | <u>10</u> Meat Lasagna Italian Green Beans Romaine Salad/Dressing Ambrosia Salad Italian Bread |  <u>VETERANS DAY 11</u> Tuna Salad on Wheat Bread Navy Bean Soup Coleslaw/Cookie Apricot Halves |
| <u>14</u> Swedish Meatballs Rotini Noodles Brussels Sprouts Citrus Juice Gelatin Salad Wheat Bread | <u>15</u> BBQ Pork Chop Baked Beans Spinach Diced Peaches Wheat Bread |  <u>Thanksgiving Party 16</u> Roast Turkey, Stuffing and Gravy Mashed Potatoes Green Bean Casserole Pumpkin Bars Cranberry Gelatin Salad Wheat Roll | <u>17</u> Stuffed Pepper Casserole Cauliflower Apricot Halves Fruit juice Wheat Bread | <u>18</u> Chicken and White Bean Chili Corn Pineapple Chunks Apple Juice Corn Muffin |
| <u>21</u> Beef Stew, Potatoes and Carrots Mixed Vegetables Fruit Cocktail Juice Wheat Bread | <u>22</u> Potato Crunch Pollock Baked Potato with Sour Cream/Wheat Bread Romaine Salad/Dressing Sliced Pears Tartar Sauce | <u>23</u> <u>Birthday Party</u> Italian Beef with Pepperoncini Ranch Potato Wedges Stewed Tomatoes Cinnamon Apples Carrot Cake/Club Roll | <u>24</u>  VAC Closed for Holiday Meals Available Upon Request | <u>25</u> <u>VAC Closed for Holiday</u>  |
| <u>28</u> Creamed Chicken Mashed Potatoes Peas Tropical Fruit Biscuit | <u>29</u> Corned Beef Red Potatoes Carrots and Cabbage Citrus Cup Rye Bread | <u>30</u> Hungarian Goulash Rotini Noodles Succotash Spinach Salad/Dressing Mixed Fruit Wheat Bread | <u>Tell us what you think!</u> Each day rate the menu: 1 (least favorite) to 5 (most enjoyed).  | At the end of the month, return the menu to us via your site coordinator or volunteer driver  |