

Mizell Senior Center Menu November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Herb Chicken Brown Rice Pilaf Corn & Bell Peppers Apple, Milk	2 Baked Cod Egg Noodles Mixed Vegetables Orange, Milk	3 Chicken Enchilada Casserole Zucchini & Tomato Aztec Rice Milk
6 Teriyaki Chicken Chow Mein Noodles Asian Vegetables Hawaiian Roll Orange, Milk	7 Roast Pork Mashed Potatoes Carrots Wheat Roll Apple Sauce, Milk	8 Baked Chicken Garden Rice Cauliflower Blend Wheat Roll Banana, Milk	9 Salisbury Steak Mashed Potatoes Mixed Vegetables Diced Peaches Roll, Milk	10 Baked Cod Rice Pilaf, Carrots Wheat Roll Tartar Sauce Milk
13 Chicken Alfred Egg Noodles Broccoli Wheat Roll Grapes, Milk	14 Hamburger  Lettuce, Tomato Tater Tot Coleslaw Banana, Milk	15 Spaghetti with Meat Sauce Green Beans Garlic Bread Mandarin Orange	16 Chicken Enchilada Verde Sauce Tomato, Zucchini Aztec Rice Apple Sauce, Milk	17 Tuna Noodle Casserole Broccoli Wheat Roll Milk
20 Cheese Ravioli Alfredo Sauce Winter Vegetables Garlic Bread Cake, Milk	21 Oven Fried Chicken, Gravy Mashed Potatoes Collard Greens, Roll Apple, Milk	22  Roast Turkey Stuffing, Gravy Sweet Potatoes Green Beans Wheat Roll Peaches, Milk	23 Closed 	24 Closed
27 Swedish Meatballs Egg Noodles Broccoli Egg Noodles Apple Sauce, Milk	28 Beef Enchiladas Red Sauce Black Beans and Zucchini Aztec Rice Orange, Milk	29 Roast Herb Chicken Mashed Potatoes, Gravy Corn Wheat Roll Peaches, Milk	30 Meat Loaf Scalloped Potato Vegetable Blend Wheat Roll Carrot Cake, Milk	Dec. 1 Baked Cod Garden Rice Carrots Wheat Roll Milk

 = High Sodium Day

RETURN THIS INSERT TO DRIVER WITH SELECTION of MENU ITEMS if NEEDED...