





# Mizell Senior Center Menu November 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>▲ = High Sodium Day</p>			<p><b>1</b> Tuna Salad Sandwich on Wheat Bread Lettuce &amp; Tomato Baked Chips</p>	<p><b>2</b> Beef Enchilada Casserole Aztec Rice Corn</p>
<p><b>5</b> ▲ Teriyaki Chicken Chow Mein Noodles Asian Vegetables Hawaiian Roll</p>	<p><b>6</b> Roast Pork Scalloped Potatoes Carrots Wheat Roll</p>	<p><b>7</b> Meat Loaf Mashed Potatoes Cauliflower Blend Wheat Roll</p>	<p><b>8</b> BBQ Chicken Corn on the Cobb Potato Salad, Baked Beans Hawaiian Roll</p>	<p><b>9</b> Baked Cod W/Tartar Sauce Rice Pilaf Carrots Wheat Roll</p>
<p><b>12</b> Chicken Alfredo Egg Noodles Broccoli Wheat Roll</p>	<p><b>13</b> ▲ Hamburger Lettuce, Tomato Tater Tots Coleslaw</p>	<p><b>14</b> Spaghetti W/Meatballs Green Beans Garlic Bread</p>	<p><b>15</b> ▲ Chicken Enchilada w/ Green Sauce Aztec Rice Black Beans and Corn</p>	<p><b>16</b> Egg Salad Wheat Bread Lettuce, Tomato Potato Chips</p>
<p><b>19</b> Cheese Ravioli Marinara Sauce Winter Vegetables Garlic Bread</p>	<p><b>20</b> Vegetable Lasagna Winter Squash Mix Garden Salad Dinner Roll</p>	<p><b>21</b> Turkey W/Gravy Stuffing &amp; Mashed Potatoes Green Beans, Cranberry Sauce Wheat Roll</p>	<p><b>22</b> <b>CLOSED</b> </p>	<p><b>23</b> </p>
<p><b>26</b> Swedish Meatballs Egg Noodles Broccoli</p>	<p><b>27</b> Chicken Salad Wheat Bread Lettuce, Tomato Potato Chips</p>	<p><b>28</b> ▲ Chicken Parmesan Risotto Broccoli Wheat Roll</p>	<p><b>29</b> Salisbury Steak Scalloped Potato Vegetable Blend Wheat Roll</p>	<p><b>30</b> Herb Roasted Chicken Garden Rice Carrots Wheat Roll</p>