





November 2009

To access ingredient content, please call Senior Resources at 419-898-6459

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Turkey and Swiss on Whole Wheat Bread Broccoli Salad Creamy Tomato Soup Crumb Topped Peaches</p>	<p>3 Election Day Parmesan Chicken Breast Broccoli & Cheese Apple Walnut Stuffing Pumpkin Bread Tropical Fruit Salad</p> 	<p>4 Lasagna Florentine Tossed Salad Warm Garlic Bread Grapes</p>	<p>5 Beef Stroganoff Brussels Sprouts Carrots Rye Bread Apricots</p>	<p>6 National Diabetes Month Pork Medallion Cabbage and Noodles Pea Salad Dinner Roll Hot Cinnamon Apple Dessert V8 Juice</p>
<p>9 Teriyaki Beef Strips Rice Broccoli and Carrots Green Beans with Ginger Sauce Whole Wheat Bread Mandarin Oranges with Jell-O</p>	<p>10 Senior Day@ Camp Perry Stuffed Chicken Breast Parsley White Potatoes County Style Green Beans Cranberry-Orange Relish Dinner Roll Éclair</p>	<p>11 VETERAN'S DAY NO HOME DELIVERED MEALS All Centers Closed Veteran's Day  Have a great holiday</p>	<p>12 Roast Beef & Cheese on Bun with Tomato and Lettuce Butternut Squash Soup Jello Salad with Fruit</p>	<p>13 Alzheimer's Awareness Month Baked Fish (ALT: Swiss Steak) Spinach with Parmesan Red Skinned Potatoes Peaches Whole Wheat Bread Blueberry Whip</p>
<p>16 Macaroni and Cheese Harvard Beets Creamy Citrus Coleslaw Pineapple Tidbits Whole Wheat Bread</p>	<p>17 Liver and Onions (LF Alt=Chicken Breast) Green Bean Casserole Buttered Cauliflower Cornbread Dressing Whole Wheat Bread Fresh Apple</p> 	<p>18 American Indian History Month Meatloaf Mashed Potatoes & Gravy Mixed Vegetables Apricots Cornbread</p> 	<p>19 Baked Pork Cutlet Succotash Roasted Sweet Potatoes Whole Wheat Roll Baked Apple Dumpling Orange Juice <i>PC, Danbury & Elmore B-day</i></p>	<p>20 OSU vs. Michigan Party Cheeseburger on Bun Baked Beans Coleslaw Tropical Fruit Salad Game Day Brownies</p>
<p>23 Sloppy Joe on Bun with Cheese Three Bean Salad Tossed Salad w/Tomatoes Apple Dessert Whole Wheat Roll <i>Oak Harbor, Genoa & HDM B-Day</i></p>	<p>24 Roast Turkey Creamy Mashed Potatoes Buttered Corn Bread Dressing Orange Cranberry Relish Dinner Roll Pumpkin Pie</p>	<p>25 Thanksgiving Celebration Roast Turkey Creamy Mashed Potatoes Buttered Corn Bread Dressing Orange Cranberry Relish Dinner Roll Pumpkin Pie</p>	<p>26 Closed For Thanksgiving NO HOME DELIVERED MEALS All Centers Closed for Holiday—Thursday and Friday</p>	<p>27 NO HOME DELIVERED MEALS All Centers Closed for Holiday—Thursday and Friday</p>
<p>30 Pork Casserole Prince Charles Blend Veggies Apple Cabbage Slaw Rye Bread Banana</p>	<p>LS Alt=Low Sodium Alternate LF Alt=Low Fat Alternate *** These items must be ordered in advance.</p>	<p>Tuesday 11/24 For Danbury & Home Delivered Meals <i>Baked Chicken Strips</i> <i>Baked Potato w/ Broccoli & Cheese</i> <i>Cranberry Apple Tapioca w/ Pears</i> <i>Whole Wheat Roll</i></p>	