



# November Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun  
Monday and Wednesday 12:00

## Monday

## Wednesday

Reservations must be made by 9:30AM Friday for Monday's meal		Reservations must be made by 9:30AM Tuesday for Wednesday's meal
		<b>November 2</b> Beef Stew Whole Beets Southern Biscuit Pineapple Tidbits
<b>November 7 BIRTHDAY DINNER</b> Salisbury Steak Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Carrot Birthday Cake		<b>November 9</b> Roast Pork Mashed Red Potatoes Butternut Squash Wheat Dinner Roll Apple Crisp w/Topping
<b>November 14</b> Mac & Cheese Diced Carrots Winter Mixed Blend Dinner Roll Brownie		<b>November 16</b> Broccoli Ricotta Pie Peas & Onions Dinner Roll Chocolate Chip Cookie
<b>November 21</b> Pork & Vegetable Stew Cut Green Beans with Black Beans Southern Biscuit Mandarin Oranges		<b>November 23</b> Lasagna Rolls with Marinara & Meat Sauce & Mozzarella Cheese Broccoli Florets Wheat Dinner Roll Ice Cream Sundaes
<b>November 28</b> Cheese Omelet Vegetable Rice Pilaf Broccoli Florets Wheat Dinner Roll Seasoned Applesauce Oatmeal Raisin Cookie		<b>November 30</b> Chicken Fingers with Duck Sauce Home fries Green Beans Wheat Bread Pineapple Tidbits

The Community Center congregate meal service provides a nutritious meal  
and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!  
 For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.  
 1-800-642-5119 or 802-786-5990