




**HRDC Senior Center's Menu
November-13**

Monday	Tuesday	Wednesday	Thursday	Friday
Age 60 and Over Suggested Donation \$3.75	 American Diabetes Association.			11/1/2013
Under Age 60 Full Pay \$5.00				November is National Diabetes Month Do you know your numbers?
11/4/2013	11/5/2013	11/6/2013	11/7/2013	11/8/2013
Chili w/ Beef & Kidney Beans Rice Green Peas Applesauce Pudding 4-6 Crackers 100% Juice Milk	Ham/Cheese Quiche Cream of Broccoli Soup Spinach Biscuit Brownie 100% Juice Milk	CHEF'S CHOICE 	Pot Roast Potatoes Carrots Coleslaw Chocolate Mousse Dinner Roll 100% Juice Milk	Honey Butter Baked Chicken Mashed Sweet Potatoes Spinach Cauliflower Whole Wheat Bread Cake 100% Juice Milk
11/11/2013	11/12/2013	11/13/2013	11/14/2013	11/15/2013
Spaghetti w/ Meat Sauce Tossed Salad Italian Mxed Veggies Garlic Bread Stick 100% Juice Pudding Milk	Pork Loin Smashed Red Potatoes Green Peas Collard Greens Whole Wheat Bread 100% Juice Jello Milk	Shredded Beef & Cheese 2 small Burritos Tomato Salsa Lettuce, Tomato & Onion Refried Beans 100% Juice Peach Crisp Milk	Parmesan Crusted Fish Mac n Cheese Stewed Tomatoes Whole Wheat Bread Beets 100% Juice Rice Krispy Treat Milk	Beef Stew Brussel Sprouts Biscuit Bread Pudding 100% Juice Milk
11/18/2013	11/19/2013	11/20/2013	11/21/2013	11/22/2013
Turkey and Cheese Wrap Whole Wheat Wrap Lettuce/Tomato/Onion Tomato Soup Mixed Fruit 100% Juice 4-6 Crackers Milk	Low Sodium Ham Cabbage Potatoes Green Beans Cake 100% Juice Whole Wheat Bread Milk	Grilled Chicken on Whole Wheat Bun Butternut Squash Soup Lima Beans Broccoli 100% Juice Ambrosia Milk	Beef Tips w/ Gravy Rice Baby Carrots Brussel Sprouts Whole Wheat Bread 100% Juice Pudding Milk	Lemon Pepper Baked Fish Mac n Cheese Stewed Tomatoes Pickled Beets Whole Wheat Bread 100% Juice Cookie Milk
11/25/2013	11/26/2013	11/27/2013	11/28/2013	11/29/2013
Swedish Meatballs over Egg Noodles Broccoli Peas & Carrots Whole Wheat Bread Pudding 100% Juice Milk	BBQ Chicken Baked Beans Cheesy Potatoes Banana Cornbread Applesauce 100% Juice Milk	Thanksgiving Meal Turkey & Dressing Mashed Potatoes w/ Gravy Green Beans Coleslaw 100% Juice Pumpkin Dessert Cranberry/Dinner Roll/ Milk	Happy Thanksgiving	
				

*Substitutions may be made according to availability of items