



November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lunch at the Center BBQ Chicken, sweet potato fries, zucchini, wheat bread and dessert	3 Grab & Go Only Breaded Pork Chop w/ gravy, baked potato, mixed vegetable, biscuit and dessert	4 Grab & Go and Lunch at the Center Chicken Pot Pie with potatoes & veggies, carrots, juice roll and dessert	5 Grab & Go Only Rigatoni with Bolognese sauce, Italian blend vegetables, juice, garlic bread and dessert	6 Lunch at the Center Personal Pizza, Minestrone soup, juice, crackers and dessert
9 Lunch at the Center Breaded Chicken Cutlet with fruit chutney, vegetable couscous, spinach, wheat bread and dessert	10 Grab & Go Only Veterans Celebration BBQ Chicken, corn on the cob, coleslaw, biscuit and peach pie for dessert	11 Grab & Go and Lunch at the Center Salisbury Steak w/gravy, mashed potatoes, peas & carrots, roll and dessert	12 Grab & Go Only Herb Roasted Chicken, wild rice blend, broccoli, biscuit and dessert	13 Lunch at the Center Potato Crusted Cod Fish with tartar sauce, baked fries, mixed vegetables, wheat bread and dessert
16 Lunch at the Center Chicken Quesadilla on flour tortilla with sour cream & salsa, brown rice, broccoli and dessert	17 Grab & Go Only Beef Burgundy with mushrooms over egg noodles, zucchini, juice, roll and dessert	18 Grab & Go and Lunch at the Center Spaghetti and Meatballs with marinara sauce, mixed vegetables, juice, garlic bread and dessert	19 Grab & Go Only Herb Roasted Fish Fillet, rice pilaf, string beans, wheat bread and dessert	20 Lunch at the Center Birthday Day Celebration Pasta with Broccoli garlic & oil, Chicken vegetable soup, Italian bread and birthday cake for dessert
23 Lunch at the Center Thanksgiving Celebration Roast Turkey with gravy and cranberry compote, stuffing, mashed sweet potatoes, string beans and pumpkin pie for dessert	24 Lunch at the Center Thanksgiving Celebration Roast Turkey with gravy and cranberry compote, stuffing, mashed sweet potatoes, string beans and pumpkin pie for dessert <u>Sorry—No Grab & Go today</u>	25 Grab & Go and Lunch at the Center Thanksgiving Celebration Roast Turkey with gravy and cranberry compote, stuffing, mashed sweet potatoes, string beans and pumpkin pie for dessert	26 Center Closed Holiday	27 Center Closed Holiday
30 Lunch at the Center Cheese Burger on bun with lettuce, tomato & pickle, waffle fries, coleslaw and dessert	Lunch reservations are required for our kitchen staff prepares enough lunches	Make your reservations by 2pm the day before		

PLEASE NOTE: Menu is subject to change without notice and cannot be customized to order.
RESERVATIONS REQUESTED — YOUR MEAL DONATION IS GREATLY APPRECIATED — THANK YOU!
No person will be denied a service because of inability to contribute.

Lunch Reservation Instructions:

- Members are required to preregister for Grab & Go lunches. If you did not preregister, you may only get a frozen meal while supplies last.
- We are only allowed to accommodate 30 seniors total for Lunch at the Center per day. You will be assigned a specific day to have lunch at the Center. This limitation will hopefully only be temporary. Please contact the Program Office to schedule a day to have lunch at the Center.
- If you can not attend lunch at the Center on your assigned day, please call the Center as early as possible and let us know you have to cancel.
- Everyone coming into the Center must wear a mask and be temperature checked before entering the building. A series of health questions will also be asked and you must sanitize your hands before entering.

Program Instructions:

- You must preregister for all in-person programs at the Center by calling the Program Office. Only a limited number of participants are allowed to attend each program. We will communicate with you any or any additional programs as they become approved and available by either phone or our website.
- Once you are registered and assigned a day for a program, fitness class or group, if you are unable to attend please call the Center as soon as possible and let us know you have to cancel.