November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Chef's Choice	Crispy Fish	Chicken Parmesan	**Chef's Choice**	Potato Soup
Cheeseburger	Mashed Potatoes	Spaghetti Noodles	Beef & Bean Burrito	Broccoli
Zucchini	Green Beans	Spinach Salad	Refried Beans	Strawberries
Potato Salad	Fruit Cocktail	Garlic Breadstick	Peaches	Butterscotch Dessert
Applesauce	Almond Bar	Apricots	Cookie	
	Opt. B: Chicken Strips			
9	**10**	**11**	**12**	**13**
Herbed Pork Cutlet	Tuna Casserole	Ham Balls	Pulled Pork	Ham Chowder
Cheesy Mashed Potatoes	Marinated Carrot Salad	Mashed Potatoes	Baked Beans	Garden Salad
Capri Blend Veggies	Fruit Cocktail	Green Beans	Country Trio Vegetables	Crackers
Pears	Lemon Bar	Cottage Cheese Fruit Salad	Banana	Blueberries
				Peanut Butter Brookie
16	**17**	**18**	**19**	**20**
Goulash	Fish Nuggets	Sloppy Joe on Bun	Maple Cranberry Turkey	Chicken & Noodles
Broccoli	3 Bean Salad	Cubed Potatoes	Mashed Potatoes & Gravy	Mashed Potatoes
Garlic Bread	Pineapple Coleslaw	Mixed Vegetables	Green Beans	Broccoli
Pineapple	Diced Pears	Cinnamon Applesauce	Peaches	Fruit Cocktail
Oatmeal Cookie		Blueberry Crisp	Pumpkin Bar	
	Opt. B: Ham & Cheese Sandwich			
23	**24**	**25**	**26**	**27**
Ham & Vegetable Omelet	**Chef's Choice**	Cranberry Glazed Pork Chop	**Thanksgiving**	**CLOSED**
Sunshine Carrots	Hotdog	Garlic Parmesan Potatoes		
Spiced Apples	Baked Beans	Normandy Blend Vegetables		Frozen Meals delivered earlier
Blueberry Muffin	Chips	Peaches		in the week for this day.
	Fruit Cup		**Meals delivered to those**	If you want a frozen meal,
			who order by Nov. 16	orders are due by Nov. 16
30		**MEALS ARE FUNDED BY:**		The frozen meal sent out
Country Fried Steak		*JASPER COUNTY	**TO ORDER A MEAL**	for Nov. 27 (when we are closed)
Whipped Potatoes		*AGING RESOURCES	**OR CANCEL A MEAL,**	will be:
Spinach		*CLIENT DONATIONS	**CALL 641-792-7102**	Omelet
Apricots		*ELDERLY WAIVER/MEDICAID	**DO NOT TEXT THIS**	Diced Carrots
		*FUNDRAISERS *MEMORIALS	**NUMBER.**	Corn
				Fruit Cup

Milk offered with all meals. Whole wheat bread available upon request. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.