

# HOT Lunches *Westminster Senior Center* NOVEMBER 2023

**Reservations REQUIRED: Reservation Deadlines (RSVPs) are noted for each day.**  
 Otherwise, meals cannot be guaranteed. Call 410-386-3854 or sign up with Assistant Manager.  
 Advanced notice of changes will be given when possible. Lunch is served at 11:30 am.  
**Circle days eating; on either HOT or COLD side. Write name on menu & turn in the white copy.**

Meal Price: 60 Years Old & Up = Donation Up To \$5.27, includes accompanying younger spouses;  
 Under 60 Years Old = Full Price \$5.27, Paid Directly To Assistant Director **NAME:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 % White Milk or Chocolate Milk or Yogurt and most days Juice is served with lunch</p>		<p><b>RSVP 10/26/23</b>                      MULTI BEAN SOUP                      CHICKEN SALAD                      FRESH SPINACH                      GRAPE TOMATOES                      PEPPER SLAW                      MANDARIN ORANGES                      WHEAT BREAD</p>	<p><b>RSVP 10/26/23</b>                      MEATLOAF &amp; MUSHROOM GRAVY                      GARLIC MASHED POTATOES                      PEAS &amp; PEARL ONIONS                      WHEAT BREAD                      CINNAMON APPLES</p>	<p><b>RSVP 10/26/23</b>                      BBQ PORK LOIN                      BAKED BEANS                      SANDWICH ROLL                      COLE SLAW                      PINEAPPLE TIDBITS</p>
<p><b>RSVP 10/31/23</b>                      CHICKEN POPPYSEED CASSEROLE                      WHITE &amp; WILD RICE                      SEASONED BEANS                      WHEAT BREAD                      DICED PEACHES</p>	<p><b>RSVP 10/31/23</b>                      BEEF HOT DOG                      CONDITMENTS                      BAKED BEANS                      COLE SLAW                      DICED PEARS</p>	<p><b>RSVP 10/31/23</b>                      PORK LOIN SWEET ONION GRAVY                      PEAS &amp; MUSHROOMS                      BUTTERED NOODLES                      WHEAT BREAD                      FRUIT COCKTAIL</p>	<p><b>"SPECIAL" BAKED POTATO</b>  <b>RSVP 10/31/23</b>                      BAKED POTATO                      SPINACH SALAD                      GRAPE TOMATOES                      CHILI &amp; CHEESE                      SOUR CREAM                      WHEAT BREAD                      APPLESAUCE</p>	<p><b>VETERANS' DAY</b>   <b>CENTER CLOSED</b></p>
<p><b>RSVP 11/7/23</b>                      TURKEY AND GRAVY                      MASHED POTATOES                      DILLED CARROTS                      WHEAT BREAD                      FRUIT CUP</p>	<p><b>RSVP 11/7/23</b>                      SALISBURY STEAK &amp; GRAVY                      ROASTED POTATOES                      HARVARD BEETS                      WHEAT BREAD                      AMISH BEAN SALAD</p>	<p><b>"SPECIAL" SUB DAY</b>  <b>RSVP 11/7/23</b>                      ROAST BEEF SUB                      KAISER ROLL                      CONDITMENTS                      POTATO SALAD                      COLE SLAW                      FRUIT COCKTAIL</p>	<p><b>RSVP 11/7/23</b>                      PINEAPPLE HAM                      AU GRATIN POTATOES                      BRAISED CABBAGE                      WHEAT BREAD                      SWEET AND SOUR BEAN SALAD</p>	<p><b>RSVP 11/7/23</b>                      ROAST CHICKEN BREAST                      GRAVY                      MAC &amp; CHEESE                      GREEN BEANS                      CORN MUFFIN                      CINNAMON APPLE SLICES</p>
<p><b>RSVP 11/13/23</b>                      TURKEY BURGER                      W/ CHEESE &amp; ROLL                      BAKED BEANS                      LETTUCE / TOMATO                      CUCUMBER ONION SALAD                      YOGURT</p>	<p><b>"SPECIAL" THANKSGIVING LUNCH</b>  <b>RSVP 11/13/23</b>                      TURKEY BREAST CUTLET                      GRAVY                      MASHED POTATOES                      GREEN BEANS                      BREAD STUFFING                      CRANBERRY SALAD                      PIE</p>	<p><b>RSVP 11/13/23</b>                      CHICKEN PARMESAN SANDWICH (ROLL)                      MARINARA SAUCE                      SHREDDED CHEESE                      BUTTERED CARROTS                      GREEN PEA SALAD</p>	<p><b>THANKSGIVING DAY</b>   <b>CENTER CLOSED</b></p>	<p><b>CENTER CLOSED</b></p>
<p><b>RSVP 11/17/23</b>                      CREAMY RANCH CHICKEN                      YELLOW RICE PILAF                      PEAS &amp; CARROTS                      WHEAT BREAD                      MOROCCAN BEET SALAD</p>	<p><b>RSVP 11/17/23</b>                      MEATBALL &amp; CHEESE SUB                      CHEESE GARNISH                      WHEAT ITALIAN ROLL                      GREEN BEANS                      MANDARIN ORANGES</p>	<p><b>RSVP 11/17/23</b>                      GRILLED CHICKEN BREAST &amp; MUSHROOM SAUCE                      WILD RICE BLEND                      GR. BEAN &amp; WAX BEAN                      WHEAT BREAD                      CINNAMON APPLESAUCE</p>	<p><b>RSVP 11/17/23</b>                      SPLIT PEA SOUP                      SWISS CHEESE                      BURGER ON ROLL                      LETTUCE / TOMATO                      COLE SLAW                      TROPICAL FRUIT</p>	

# COLD Lunches *Westminster Senior Center* NOVEMBER 2023

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Under 60 Years Old = Full Price \$5.27, Paid Directly To Assistant Director

**Prefer a COLD lunch instead? Circle day of the Cold lunch. Write "COLD" on the HOT side of the menu, on the day of the substitution.**

**Write name on the menu & turn in white copy.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>RSVP 10/26/23</b> COLD FRIED CHICKEN PATTY ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE	2 <b>RSVP 10/26/23</b> EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	3 <b>RSVP 10/26/23</b> TURKEY & CHEESE ON THIN BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE
6 <b>RSVP 10/31/23</b> CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	7 <b>RSVP 10/31/23</b> COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	8 <b>RSVP 10/31/23</b> CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCOLATE MILK / JUICE	9 <b>RSVP 10/31/23</b> HAM AND CHEESE ON HOAGIE ROLL MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	10 <b>CENTER CLOSED</b>
13 <b>RSVP 11/7/23</b> BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	14 <b>RSVP 11/7/23</b> TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	15 <b>RSVP 11/7/23</b> COLD FRIED CHICKEN PATTY ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE	16 <b>RSVP 11/7/23</b> EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	17 <b>RSVP 11/7/23</b> TURKEY & CHEESE ON THIN BREAD CARROT PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCO. MILK / JUICE
20 <b>RSVP 11/13/23</b> CURRIED CHICKEN SALAD ON ROLL COLBY CHEESE STICK CARROT SNACK PACK- SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	21 <b>RSVP 11/13/23</b> COLD GRILLED CHICKEN BREAST ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	22 <b>RSVP 11/13/23</b> CHICKEN SALAD ON WHEAT BREAD CARROT SNACK PACK FRUIT OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE CHOCOLATE MILK / JUICE	23 <b>THANKSGIVING DAY</b>  <b>CENTER CLOSED</b>	24 <b>CENTER CLOSED</b>
27 <b>RSVP 11/17/23</b> BOLOGNA, SALAMI & CHEESE, ON ROLL CARROT SNACK PACK COLBY CHEESE STICK SALAD OF THE DAY CHIPS OR COOKIE MILK / JUICE	28 <b>RSVP 11/17/23</b> TUNA FISH SALAD WHEAT BREAD CARROT SNACK PACK SALAD OF THE DAY COLBY CHEESE STICK CHIPS OR COOKIE MILK / JUICE	29 <b>RSVP 11/17/23</b> COLD FRIED CHICKEN PATTY ON ROLL MOZZARELLA CHEESE ST. CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE CHOCOLATE MILK / JUICE	30 <b>RSVP 11/17/23</b> EGG SALAD ON WHEAT BREAD MOZZ. CHEESE STICK CARROT SNACK PACK FRUIT OF THE DAY CHIPS OR COOKIE YOGURT CUP / JUICE	