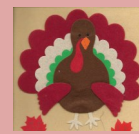


SOUTH CARROLL SENIOR CENTER

November Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Reservation Required by posted sign up date. To reserve a lunch call the front desk at 410-386-3700 Cost of lunch for center members 60+ is a donation up to \$5.27 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$5.27. Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$5.27.				
6 SPECIAL Stuffed Cabbage <i>Stuffed w/beef, Rice & Tomato w/Marinara Sauce</i> WG Wheat Bread Cherry Crisp Sign up due by 10:00am 10/27	7 SPECIAL MYSTERY LUNCH Sign up due by 10:00am 10/31	1 Multi Bean Soup Deli Style Chicken Salad Baby Spinach Bed Grape Tomatoes Fresh Pepper Slaw WG Wheat Bread Mandarin Oranges Sign up due by 10:00am 10/27	2 Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Peas & Pearl Onions Cinnamon Apples WG Wheat Bread Fruited Yogurt Sign up due by 10:00am 10/30	3 BBQ Pork Loin Baked Beans WG Sandwich Bun Cole Slaw Pineapple Tidbits Sign up due by 10:00am 10/31
13 WEENIE MONDAY  Hot Dog With All The Fixings Cole Slaw Baked Beans Diced Pears Potato Chips Sign up due by 10:00am 11/2	14 Salisbury Steak w/Gravy Herb Roasted Potatoes Harvard Beets WG Bread Amish Navy Bean Salad Sign up due by 10:00am 11/8	15 SUB Roast Beef Kaiser Roll <i>Horseradish, Mayo</i> Lettuce, Tomato, Onion Potato Salad Cole Slaw Fruit Cocktail Sign up due by 10:00am 11/6	16 Pineapple Ham Au Gratin Potatoes Braised Green Cabbage Sweet & Sour Bean Salad WG Wheat Bread Sign up due by 10:00am 11/13	17 SPECIAL Fried Chicken Dinner Seasoned Roast Potatoes Texas Ranchero Pinto Beans Creamy Cole Slaw WG Cornbread Loaf Sign up due by 10:00am 11/8
20 Turkey Burger w/Cheese Lettuce/Tomato Cucumber & Onion Salad Baked Beans WG Sandwich Roll Fruited Yogurt Sign up due by 10:00am 11/15	21 THANKSGIVING LUNCH Turkey Breast Cutlet w/Gravy Bread Stuffing Green Beans Cranberry Sauce/Salad Pumpkin Pie w/Whipped Topping Fruit Cocktail Sign up due by 10:00am 11/13	22 Chicken Parmesan Sandwich WG Sandwich Roll Green Peas & Red Pepper Salad Buttered Carrots Sign up due by 10:00am 11/17	23 Center Closed 	24 CENTER CLOSED
27 Creamy Ranch Chicken Breast Yellow Rice Pilaf Peas & Carrots Moroccan Beet Salad WG Wheat Bread Sign up due by 10:00am 11/20	28 Meatball Sub WG Wheat Italian Roll Seasoned Green Beans Mandarin Oranges Sign up due by 10:00am 11/21	29 Grilled Chicken Breast w/Creamy Mushroom Sauce Wild Rice Blend Wax Bean & Green Bean Medley WG Wheat Bread Cinnamon Applesauce Sign up due by 10:00am 11/22	30 Split Pea Soup Swiss Cheese Burger Lettuce & Tomato WG Hamburger Bun Fresh Cole Slaw Tropical Fruit Sign up due by 10:00am 11/27	HAVE A SAFE & HAPPY THANKSGIVING 

MYSTERY LUNCH

NOVEMBER 7TH



SIGN UP IN PERSON BY
10/31 AT 10AM