



SOUTH CARROLL SENIOR CENTER November Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 New Item Indian Butter Chicken Bombay Brown Rice Kachumber Salad Mandarin Oranges WG White Wheat Bread Sign up due by 10:00am 10/29	4 Beef Pot Roast Au Jus <i>(Horseradish Cream Sauce)</i> WG Sandwich Bun Honey Roasted Beets Fresh Cole Slaw Sign up due by 10:00am 10/30	5 New Item Creamy Chicken Casserole Yellow Rice Pilaf Seasoned Green Beans Diced Peaches WG White Wheat Bread Sign up due by 10:00am 10/31	6 Cheddar Cheeseburger <i>Lettuce & Tomato</i> Corn O'Brien WG Hamburger Bun Creamy Cucumber Salad Sign up due by 10:00am 11/3	7 Roast Pork Loin w/Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes WG White Wheat Bread Fruit Cocktail Sign up due by 10:00am 11/4
10 New Item Italian Sausage & Cheese Sub Pepper & Onion Strips Red Cabbage Slaw WG Italian Roll Fruited Yogurt Sign up due by 10:00am 11/5	11 CENTER CLOSED 	12 Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens WG White Wheat Bread Amish White Bean Salad Sign up due by 10:00am 11/6	13 New Item Reuban Sammy Casserole Zucchini & Tomatoes Fruit Cocktail WG White Wheat Bread Sign up due by 10:00am 11/7	14 Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Cole Slaw Fruited Yogurt Sign up due by 10:00am 11/10
17 New Item Sliced Ham w/Raisin Sauce Au Gratin Potatoes Honey Maple Carrots Pineapple Tidbits WG White Wheat Bread Sign up due by 10:00am 11/12	18 New Item "Marry—Me" Chicken Breast Lemon Rice Pilaf Seasoned Green Beans WG White Wheat Bread Cinnamon Apple Slices Sign up due by 10:00am 11/13	19 Sub Roast Beef Sub <i>(Lettuce, Tomato & Onion)</i> Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail Sign up due by 10:00am 11/10	20 New Item Pot Roast of Beef w/ Stroganoff Sauce Roasted Potatoes WG White Wheat Bread Seasoned Greens Mandarin Oranges Sign up due by 10:00am 11/17	21 Hot Dog Hot Dog Hot Dog Bun Vegetarian Beans Sauerkraut Fruit Sign up due by 10:00am 11/13
24 Pepperjack Turkey Burger <i>(Lettuce & Tomato)</i> WG Sandwich Roll Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt Sign up due by 10:00am 11/19	25 THANKSGIVING LUNCH Turkey Breast Cutlet w/Gravy Bread Stuffing Green Beans Cranberry Sauce WG White Wheat Bread Pumpkin Pie w/Whipped Topping Sign up due by 10:00am 11/17	26 Chicken Breast w/Ranch Cream Sauce Yellow Rich Pilaf WG White Wheat Bread Peas & Carrots Pineapple Tidbits Sign up due by 10:00am 11/21	27 CENTER CLOSED 	28 CENTER CLOSED
Reservation Required by posted sign up date. To reserve a lunch fill out the golden colored lunch reservation book located in the hallway outside the dining room by the specified date. Cost of lunch for center members 60+ is a donation up to \$6.64 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.64. 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 \$6.64.				