




November



Monday		Tuesday		Wednesday		Thursday		Friday	
1 Non-Fat Milk Hot Dog on a Bun Baked Beans Cole Slaw Fresh Fruit	2 Non-Fat Milk Vegetable Soup w/Crackers Tuna Salad w/Crackers, Lettuce, Tomatoes Cucumber, Tomato, Onion Salad Yogurt Parfait	3 Non-Fat Milk Hamburger Steak w/Gravy and Mashed Potatoes Harvard Beets Dinner Roll w/Margarine Ice Cream	4 Non-Fat Milk Chicken Vegetable Stir Fry Steamed Rice Oriental Vegetables WW Bread w/Margarine Fruit	5 Non-Fat Milk Oven Fried Fish Macaroni Salad Mixed Vegetables Dinner Roll w/Margarine Peaches	8 Non-Fat Milk Italian Spaghetti w/Meat Sauce Tossed Salad w/Assorted Dressings Italian Bread w/Margarine Fruit	9 Non-Fat Milk Chicken Salad on Lettuce Sliced Tomatoes Pasta Salad Crackers Banana	10 Non-Fat Milk Garlic Rosemary Pork Chop w/Gravy Mashed Red Potatoes Brussel Sprouts WW Bread w/Margarine Cake	11 Non-Fat Milk Baked Chicken w/Gravy Sweet Potato Half French Style Green Beans Dinner Roll w/Margarine Ice Cream	12 Non-Fat Milk Baked Ham w/Sauce Au Gratin Potatoes Herbed Broccoli WW Bread w/Margarine Fruit
15 Non-Fat Milk Cheeseburger on Bun Baked Beans Lettuce, Tomato and Onion Fresh Fruit	16 Non-Fat Milk Beef Barley Soup Seafood Salad on Lettuce Tomato and Egg Wedge Spinach Salad w/Crackers Granola Bar	17 Non-Fat Milk Liver and Onions w/Gravy Mashed Potatoes Glazed Carrots Dinner Roll w/Margarine Chocolate Chip Cookie	18 Non-Fat Milk BBQ Chicken Potato Salad Spinach WW Bread w/Margarine Fruit	19 Non-Fat Milk Baked Fish w/Tartar Sauce Macaroni and Cheese Stewed Tomatoes Corn Bread w/Margarine Cake	22 Non-Fat Milk BBQ Pork on Bun Tossed Salad w/Dressing Green Beans Ice Cream	23 Holiday Feast at the CHEER Community Center	24 Non-Fat Milk Chicken Alfredo Fettucine Broccoli Dinner Roll w/Margarine Fruit	25 26 CHEER Closed for Thanksgiving!	
29 Non-Fat Milk Navy Bean Soup Egg Salad Plate w/Crackers Lettuce and Tomato Carrot Raisin Salad Fruit	30 Non-Fat Milk Baked Ziti Tossed Salad w/Dressing WW Bread w/Margarine Orange Sherbet	 <p>DELAWARE HEALTH AND SOCIAL SERVICES Division of Services for Aging and Adults with Physical Disabilities</p> <p><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></p>							

