

November

**CELEBRATE
THE SEASON
WITH CHEER!**

Monday

Tuesday

Wednesday

Thursday

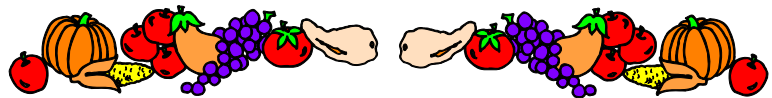
Friday



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."

<p>1 Stuffed Bell Pepper Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>2 Pulled Pork Baked Beans Confetti Cole Slaw Bananas in Strawberry Gelatin Whole Wheat Roll/Bread Skim Milk</p>	<p>3 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Poached Pears Skim Milk</p>	<p>4 Beef Vegetable Soup Chicken and Pasta Salad Garnish Lettuce and Tomato Whole Wheat Roll/Bread Cinnamon Apples Skim Milk</p>
<p>7 Salisbury Steak w/Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk</p>	<p>8 Baked Pork Chop w/Brown Gravy Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p>	<p>9 Lasagna Sautéed Zucchini Whole Wheat Roll/Bread Pineapple Skim Milk</p>	<p>10 Apple Glazed Chicken Scalloped Potatoes Steamed Broccoli Whole Wheat Roll/Bread Baked Apples Skim Milk</p>
<p>14 Chili Con Carne Tossed Salad w/Dressing of Choice Cornbread Poached Pears Skim Milk</p>	<p>15 Turkey Broccoli Casserole Noodles Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</p>	<p>16 Honey Lemon Chicken Baked Potato w/Sour Cream Crumb Top Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>17 Swedish Meatballs Noodles California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>
<p>21 Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</p>	<p>22</p>  <p>Holiday Feast at the CHEER Community Center.</p>	<p>23 Baked Pork Chop w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Baked Apples A La Mode Skim Milk</p>	<p>24</p> <p style="text-align: center;"><i>Happy Thanksgiving.</i> <i>All CHEER Centers are closed for the holiday.</i></p> 
<p>28 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Bread Pudding w/Vanilla Sauce Skim Milk</p>	<p>29 Tilapia Provençale Parmesan Noodles Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>30 Glazed Meatloaf Garlic Mashed Potatoes Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	 