



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>DELAWARE HEALTH AND SOCIAL SERVICES</b> <i>Division of Services for Aging and Adults with Physical Disabilities</i></p> <p><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></p>		<b>1</b> Hamburger on a Bun Baked Beans Cole Slaw Fruited Gelatin Skim Milk	<b>2</b> Vegetable Lasagna Italian Vegetables Whole Wheat Roll/Bread Lemon Bar Skim Milk	<b>3</b> Lentil Soup Chicken Salad Croissant Macaroni Salad Chilled Fruit Cup Skim Milk
	<b>6</b> Beef Pepper Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk	<b>7</b> Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait Granola Skim Milk	<b>8</b> Baked Manicotti Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>9</b> Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk
	<b>13</b> Chili and Monterey Jack Cheese Tossed Garden Salad Cornbread Chilled Fruit Cup Skim Milk	<b>14</b> Hot Turkey Sandwich Garlic Mashed Potatoes Green Beans w/Mushroom Apple Pie Skim Milk	<b>15</b> Chicken Fricassee Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	<b>16</b> Asian Beef and Broccoli Steamed or Baked Rice Oriental Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk
<b>20</b> Seafood Newberg Penne Pasta Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>21</b> Holiday Feast at the Community Center. All CHEER Centers are Closed Today. 	<b>22</b> Ham and Beans Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>23</b> <b>24</b> <h2>Happy Thanksgiving</h2> <p>All CHEER Centers are closed</p>	
<b>27</b> Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>28</b> Fish Tacos Mango Salsa Red Beans and Rice Mixed Green Salad Fresh Fruit Skim Milk	<b>29</b> Chicken Piccata Buttered Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	<b>30</b> Macaroni and Beef Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Ice Cream Skim Milk	