



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Roll/Bread Skim Milk	4 Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk	5 Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Dutch Cherry Cobbler Skim Milk	6 Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	7 Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
10 Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	11 Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk	12 Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	13 Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk	14 Corn Chowder Seafood Salad Crackers Mixed Green Salad Rice Crispy Bar Skim Milk
17 Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	18 Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	19 Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	20 Lemon Pepper Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Assorted Cookies Skim Milk	21 Fish Sticks Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Skim Milk
24 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	25 ALL CENTERS CLOSED Holiday Feast	26 Pulled Bbq Pork On Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk	27 28 ALL CENTERS CLOSED Thanksgiving 	



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities
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Menu items subject to change due to availability.



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