



NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 4 Cheese Baked Ziti Tossed Garden Salad Chilled Peaches Whole Wheat Roll/Bread Skim Milk	3 Shrimp Tacos Spanish Rice Chuckwagon Corn Pudding Skim Milk	4 Turkey Tetrazzini Green Peas Applesauce Skim Milk Whole Wheat Roll/Bread Skim Milk	5 Chicken Fried Chicken Gravy Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Skim Milk	6 Cheeseburger on Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
9 Polish Sausage Potato & Cheese Pierogies Crisp Red Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	10 Egg Sandwich w/Cheese American Fried Potatoes Steamed Spinach Chilled Fruit Cup Skim Milk	11 Beef Tips w/Mushrooms Buttered Noodles Peas And Carrots Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk	12 Honey Glazed Chicken Baked Sweet Potato Half Steamed Broccoli Whole Wheat Roll/Bread Pudding Cup Skim Milk	13 Cream of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
16 3 Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Fruited Gelatin Skim Milk	17 Turkey Croquettes French Style Green Beans Cranberry Sauce Fresh Banana Skim Milk	18 Ground Beef Stew Roasted Root Vegetables Biscuit or Toast Chilled Pears Skim Milk	19 Chicken Breast w/Apple Curry Yellow Rice Broccoli Cauliflower Whole Wheat Roll/Bread Assorted Cream Pie Skim Milk	20 Broccoli Cheese Soup Seafood Salad Crackers Mixed Green Salad Fresh Orange Skim Milk
23 Beef Pepper Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	24 ALL CENTERS CLOSED Holiday Feast	25 Fish Nuggets Mac & Cheese Coleslaw Roll/Bread Assorted Cookies Skim Milk	26  27 ALL CENTERS CLOSED Thanksgiving	
30 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk				



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"
Menu items subject to change due to availability.



CHEER

Celebrating 55 Years of Serving Sussex Seniors

