

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
11/2/2020	11/3/2020	11/4/2020	11/5/2020	11/6/2020
BBQ Pork Rib Patty~* Chuckwagon Corn Brussels Sprouts Dinner Roll Fresh Orange Milk	Beef Burgundy~ Whipped Potatoes Mixed Vegetables Wheat Bread Gingerbread Cookie Chocolate Milk	Pasta Bolognese Italian Green Beans Glazed Carrots Dinner Roll Lemon Gelatin with Pineapple Milk	Cheesy Mushroom Chicken Confetti Rice Country Tomatoes Wheat Bread Chocolate Chip Cookie Apple Juice	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Cranberry Crisp Milk Mustard and Ketchup
11/9/2020	11/10/2020	11/11/2020	11/12/2020	11/13/2020
Chicken Alfredo Sliced Carrots Green Beans Texas Bread Chocolate Graham Crackers Milk	Sloppy Joe Herbed Green Peas Cauliflower with Red Peppers Hamburger Bun Lemon Berry Pudding Chocolate Milk	Lemon Pepper Fish Macaroni and Cheese Garden Vegetables Dinner Roll Fresh Apple Milk	Beef Chili with Beans Whole Kernel Corn Mixed Greens Saltine Crackers Brownie ⓘ Apple Juice	Diced Chili Coconut Curry Chicken Over Rice Lentil Vegetable Pilaf Sliced Carrots Wheat Bread Fortune Cookie Milk
11/16/2020	11/17/2020	11/18/2020	11/19/2020	11/20/2020
Salisbury Beef~ Brown Gravy Ranch Whipped Potatoes Italian Green Beans Wheat Bread Fudge Cream Cookie ⓘ Milk	Bruschetta Meatballs~ Over Penne Pasta Cabbage Parsley Carrots Texas Bread Lime Gelatin with Peaches Chocolate Milk	Beef Spanish Rice Whole Kernel Corn Broccoli Wheat Bread Cinnamon Swirl Pudding Milk	Honey Glazed Ham* Lima Beans Stewed Tomatoes Corn Muffin Fresh Orange Apple Juice Margarine	Hamburger Patty~ Lettuce and Tomato Tater Gems Hamburger Bun Hot Applesauce Milk Mustard and Ketchup
11/23/2020	11/24/2020	11/25/2020	11/26/2020	11/27/2020
Parmesan Chicken~ Whipped Potatoes Honey Carrots Wheat Bread Oatmeal Cream Cookie ⓘ Milk	Turkey Tetrazzini Broccoli Squash and Tomatoes Wheat Bread Cherry Gelatin with Pineapple Chocolate Milk	Thanksgiving Turkey Breast with Gravy Cornbread Dressing Green Beans Almandine Dinner Roll Pumpkin Pudding Milk Cranberry Sauce	Happy Thanksgiving 	
11/30/2020	Lunch is offered for a low suggested donation of \$1 to qualified 60+ participants. Those 59 and under may purchase a meal for \$5.50. Lunch is served Monday-Friday at Goodbar and Evans Senior Centers at 11:45 a.m. Advanced reservations are required. "This program is supported, in part, by the City of Mesquite, the Dallas Area Agency on Aging and the Texas Department of Health and Human Services."			* - Contains Pork ⓘ - Contains Peanuts ~ - Entrée Contains Soy
Deviled Pork Patty~* Fried Rice Asian Cabbage Wheat Bread Fortune Cookie Milk				

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463

Expires 11/30/2021