

**Allegany County Office for the Aging Senior Nutrition Program
(585) 268-9390 (Toll Free - 1-866-268-9390)
November 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pears Chicken Breast Supreme Over Egg Noodles Brussel Sprouts Harvard Beets WG Roll Brownie	2 Three Bean Salad Meatloaf w/Gravy Mashed Potatoes WG Rye Bread Corn Banana Cake w/Cream Cheese Frosting	3 Chilled Juice Sweet & Sour Pork Brown Rice Stir-Fry Vegetables WG Roll Pumpkin Bars	4 Italian Vegetable Salad Vegetable Lasagna French Green Beans WG Garlic Roll Pineapple	5 Peachy Cottage Cheese Salad Tuna Noodle Casserole Creamed Peas Diced Carrots WG Bread Fruit Cocktail
8 Lemon Lime Salad Roast Pork Mashed Potatoes & Gravy Succotash WG Bread Mandarin Oranges	9 Tropical Fruit Stuffed Shells Garlic Cauliflower WG Garlic Roll Blueberry Crisp	10 Coleslaw Breaded Fish w/Tartar Sauce Mixed Vegetables WG Roll Spiced Peaches	11 Veterans Day Holiday! No Meals-on-Wheels Or Congregate Sites	12 Pickled Beets Chili Corn Bread Italian Green Beans Pumpkin Supreme
15 Four Bean Salad Chicken Alfredo Over WG Penne Broccoli Spiced Apples WG Roll Peanut Butter Cookie	16 Pineapple Shepard's Pie Winter Squash WG Bread Lemon Mousse	17 Sunshine Salad Spaghetti & Meatballs Roasted Cauliflower WG Garlic Roll Cherry Crisp	18 <u>Thanksgiving Special</u> Cranberry Gelatin Salad Roast Turkey w/Gravy Mashed Potatoes Green Bean Casserole WG Dinner Roll Caramel Apple Cake	19 Mixed Fruit Cabbage Roll Casserole Carrots WG Rye Bread Poached Pears
22 Cinnamon Applesauce Scalloped Potatoes & Ham Peas & Carrots Banana Bread Chocolate Pudding	23 Creamsicle Salad Macaroni & Cheese Stewed Tomatoes California Blend WG Bread Oatmeal Raisin Cookie	24 Pears Baked Ham w/Raisin Sauce Au Gratin Potatoes Corn WG Roll White Cake w/Chocolate Frosting	25 Happy Thanksgiving! No Meals-on-Wheels Or Congregate Sites	26 Happy Thanksgiving! No Meals-on-Wheels Or Congregate Sites
29 Lemon Lime Salad Turkey Ala King Over WG Biscuit Steamed Carrots Roasted Broccoli Peaches	30 Chilled Juice Fish Filet Sandwich w/Cheese On WG Bun Tartar Sauce Parsley Potatoes Brussel Sprouts Coffee Cake	12/1 Strawberry Yogurt Salad Chicken Corn Chowder Quick Bran Bread Tomatoes & Zucchini Tropical Fruit	12/2 Carrot Raisin Salad Swedish Meatballs Buttered Noodles Spinach Lima Beans WG Bread Chocolate Chip Cookie	12/3 Apple Slices Ham & Broccoli Frittata Italian Green Beans WG Bread Pineapple Upside Down Cake

