

# NOVEMBER 2018

## ELDER SERVICES OF WORCESTER AREA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Menus are subject to change</u>			1 <b>Salisbury Steak</b> Garlic Mashed Potatoes Herbed Carrots Baked Apples Sandwich Roll	2 <b>Potato Crunch Fish</b> Potatoes Au Gratin Mixed Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Marble Rye Bread Tartar Sauce
5 <b>Chicken Picatta</b> Herbed Rice Spinach Lemon Pudding Diet = SF Tapioca Pudding Pumpnickel Bread	6 <b>CLOSED FOR</b>  ELECTIONS	7 <b>Marinated Pork Loin</b> Seasoned Potatoes Carrots Pumpkin Spice Cake Diet=Half Piece Whole Wheat Bread	8 <b>BBQ Chicken</b> Mashed Potatoes Green Beans Fresh Fruit Marble Rye Bread <b>Vegetable Soup</b>	9 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Roman Blend Vegetables Fruited Ambrosia Italian Bread
12 <b>Holiday</b>  <i>No Meals Served</i>	13 <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	14 <b>POTATO BAR</b>  Cheese, chilli, sour cream, bacon, potato	15 <b>Beef Patty w/ Onions &amp; Peppers</b> Potato Wedges Honey Glazed Carrots Strawberry Cup Sandwich Roll	16 <b>Salmon Boat w/Dill Sauce</b> Mashed Potatoes Peas & Pearl Onions Gingerbread Diet = Half Piece Pumpnickel Bread
19 <b>Beef Stew</b> Rice Corn Niblets Mandarin Oranges French Bread	20 <b>Roast Turkey &amp; Gravy</b> Mashed Potatoes Herbed Stuffing Butternut Squash Cream Puff Dinner Roll Cranberry Sauce	21 <b>Baked Potato</b> w/ Chili & Cheese Broccoli Sour cream Strawberry Cup Pumpnickel Bread	22 <b>Thanksgiving Day</b>  <i>No Meals Served</i>  CLOSED	23 <b>Thanksgiving</b>  <i>No Meals Served</i>  CLOSED
26 <b>Chicken Mornay</b> Couscous Brussels Sprouts Peaches Marble Rye Bread	27 <b>Meatloaf</b> Gravy Garlic Mashed Potatoes Peas & Carrots Fresh Fruit Whole Wheat Bread	28 <b>Roast Pork with Gravy</b> Cranberry Stuffing California Blend Vegetables Cold Apple Crisp Diet=Applesauce Marble Rye Bread	29 <b>Lasagna with Meatballs</b> Mixed Vegetables Birthday Cake Half Piece Italian Bread	30 <b>Haddock w/Sauce</b> Wild Rice Broccoli w/Red Peppers Blondie Diet = Half Piece Pumpnickel Bread