

NOVEMBER

MENU SUBJECT TO CHANGE WITHOUT NOTICE

LUNCH SERVED MONDAY—FRIDAY
 11:30AM-12:30PM

SUGGESTED DONATION:
 \$2.00 FOR AGE 60+

(304) 296-9812

2022

MILK OR DAIRY SERVED WITH EACH LUNCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 TERIYAKI CHICKEN VEGETABLE RICE BROCCOLI EGG ROLL FRUIT	2 BAKED POTATOES W/ TOPPINGS CHILI & CRACKERS BROCCOLI & CHEESE FRUIT	3 BAKED FISH RICE CARROTS KALE	4 TUNA SALAD SANDWICH CHIPS FRESH TOMATOES FRESH FRUIT	5	
	7 LOADED POTATO SOUP YOGURT PB & CRACKERS FRUIT JUICE	8 BAKED PORK PEAS SPINACH COOKIE FRUIT	9 CRISPY CHICKEN SALAD BREAD STICK FRUIT	10 SLOPPY JOE SWEET POTATO WEDGES FRESH VEGETABLE			12
	12	14 CHILI DOG FRENCH FRIES BAKED BEANS FRUIT	15 BAKED HAM SWEET POTATOES GREEN BEANS ROLL W/ BUTTER BAKED APPLES	16 CHICKEN SALAD PITA BREAD POTATO SALAD FRESH BROCCOLI FRUIT	17 TUNA CASSEROLE PEAS CARROTS	18 PEPERONI ROLL SALAD V8 JUICE FRESH FRUIT	19
THIS WEEK— DELIVERY CHANGE YOU WILL GET HOT MEAL ON MONDAY, TUESDAY, AND WEDNESDAY	21 FISH MAC & CHEESE COLE SLAW BAKED BEANS FRUIT	22 BAKED TURKEY MASHED POTATOES W/ GRAVY STUFFING GREEN BEANS ROLL W/ BUTTER	23 BAKED SPAGHETTI W/ MEATBALLS SPINACH SALAD MIXED VEG PINEAPPLE FLUFF			26	
27	28 MEATLOAF MASHED POTATOES & GRAVY BAKED CARROTS ROLL W/ BUTTER	29 FRENCH TOAST EGGS STEWED TOMATOES HASH BROWNS	30 CLUB SANDWICH TOMATO SOUP CRACKERS FRESH VEGETABLES FRUIT SALAD	1 CHICKEN ALFREDO PASTA BROCCOLI & CAULIFLOWER SIDE SALAD	2 TACO SALAD W/ MEAT, BLACK BEANS SALSA, CORN TORTILLA CHIPS	20	
							

The color code is to help you know what days we deliver meals.

- Monday:** 1 meal (GREEN)
- Tuesday:** 2 meals (PURPLE)
Tuesday & Wednesday
- Thursday:** 2 meals (BLUE)
Thursday & Friday
- NO WEEKEND MEALS**