

# November 2020 LUNCH MENU

| Sunday                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                            | Friday                                                                                                                                                                 | Saturday                                                                                                                                                                                |
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| <b>Roast Beef w/ Gravy</b><br><b>Baked Ham w/ Maple Glaze</b><br><b>Roasted Potatoes</b><br><b>Wax Beans or Brussel Sprouts</b><br><b>Dinner Roll</b><br><b>Ice Cream Sundae</b><br><b>(Reg or Diet)</b><br><small>Time Ends</small>                                | <b>Roast Turkey w/ Gravy</b><br><b>Veal Pattie w/ Gravy</b><br><b>Herb Stuffing</b><br><b>Mashed Potatoes</b><br><b>Peas or Broccoli</b><br><b>Pumpkin Pie</b><br><b>Diet Pumpkin Pudding</b>                    | <b>Lasagna w/ Garlic Bread</b><br><b>Baked Stuffed Sole w/ Newburg</b><br><b>Tossed Salad</b><br><b>Butternut Squash</b><br><b>Mashed Potatoes</b><br><b>Chocolate Pudding</b><br><b>(Reg or Diet)</b>                                                   | <b>Baked Stuffed Chicken w/ Cranberry Ravioli</b><br><b>Chef Salad</b><br><b>Green Beans or Beets</b><br><b>Baked Potato</b><br><b>Dinner Roll</b><br><b>Cookies &amp; Cream Ice Cream</b><br><b>Diet Ice Cream</b> | <b>Meatloaf w/ Gravy</b><br><b>Ravioli</b><br><b>Mashed Potatoes</b><br><b>Corn or Wax Beans</b><br><b>Brownie</b><br><b>Low Cal Pineapples</b><br><b>Cake</b>                                                      | <b>Salmon w/ Lemon Cream Sauce</b><br><b>Pork Ribs</b><br><b>Herb Roasted Potatoes</b><br><b>Carrots or Peas</b><br><b>Spice Cake</b><br><b>Diet Spiced Angel Cake</b> | <b>Stuffed Pork Chop</b><br><b>Saltbury Steak</b><br><b>Mashed Sweet Potatoes</b><br><b>Asparagus or Green Beans</b><br><b>Fruited Jello w/ Topping</b>                                 |
| <b>Roast Turkey w/ Cranberry Sauce</b><br><b>Hot Dog</b><br><b>Garlic Mashed Potatoes</b><br><b>Asparagus</b><br><b>Baked Beans</b><br><b>3 Layer Chocolate Cake</b><br><b>Pineapple Rings</b><br><b>Apple Pie</b><br><b>Dinner Roll</b><br><b>Ice Cream Sundae</b> | <b>Braised Short Rib</b><br><b>Stuffed Shells</b><br><b>Breaded Chicken</b><br><b>Filet</b><br><b>Tossed Salad</b><br><b>Broccoli</b><br><b>Garlic Bread</b><br><b>Lemon Square</b><br><b>Diet Lemon Pudding</b> | <b>Roasted Chicken</b><br><b>BBQ Pork Ribs</b><br><b>Baked Potato</b><br><b>Cranberry Sauce</b><br><b>Green Beans</b><br><b>Butternut Squash</b><br><b>Chocolate Ice Cream</b><br><small>Remembrance Day (Canada)</small><br><small>Veterans Day</small> | <b>Fried Chicken</b><br><b>Beef Pot Pie</b><br><b>Mashed Potatoes</b><br><b>Corn or Green Beans</b><br><b>Biscuit</b><br><b>Toffee Chip Ice Cream</b><br><b>(Reg. or Low Cal)</b>                                   | <b>Braised Short Rib</b><br><b>BBQ Pork Rib</b><br><b>Mashed Potatoes</b><br><b>Carrots or Asparagus</b><br><b>3 Layer Chocolate Cake</b><br><b>Diet Chocolate Cake</b>                                             | <b>Catch of The Day</b><br><b>Roasted Chicken</b><br><b>Baked Potato</b><br><b>Beets or Green Beans</b><br><b>Fruit Bar</b>                                            | <b>Cheesburger</b><br><b>Fried Fish</b><br><b>Sweet Potato Fries</b><br><b>Mashed Potatoes</b><br><b>Corn or Mixed Veggies</b><br><b>Pound Cake w/ Fresh Strawberries</b>               |
| <b>Stuffed Chicken</b><br><b>Roast Lamb</b><br><b>Rice Medley</b><br><b>Butternut Squash or Brussels Sprouts</b><br><b>Green Beans</b><br><b>Dinner Roll</b><br><b>Ice Cream Sundae</b>                                                                             | <b>Stuffed Pork Chops</b><br><b>Baked Fish</b><br><b>Roasted Potatoes</b><br><b>Broccoli</b><br><b>Brussel Sprouts</b><br><b>Apple Crisp</b><br><b>Apples w/ Cinnamon</b>                                        | <b>Spaghetti &amp; Meatballs</b><br><b>Breaded Chicken Filet</b><br><b>Tossed Salad</b><br><b>Vegetable Medley</b><br><b>Garlic Bread</b><br><b>Yellow Cake w/ Icing</b><br><b>Angel Cake w/ Icing</b>                                                   | <b>Smothered Chicken</b><br><b>Salisbury Steak</b><br><b>Rice or Mashed Potatoes</b><br><b>Corn or Zucchini</b><br><b>Strawberry Ice Cream</b><br><b>Diet Ice Cream</b>                                             | <b>Lasagna</b><br><b>Beef Stew</b><br><b>Garlic Bread</b><br><b>Tossed Salad</b><br><b>Yellow Squash</b><br><b>Lemon Cake w/ Icing</b><br><b>Diet Lemon Cake w/ Topping</b><br><small>Thanksgiving Day (US)</small> | <b>Fish &amp; Chips</b><br><b>Chicken Breast</b><br><b>Cole Slaw</b><br><b>Mashed Potatoes</b><br><b>Lettuce &amp; Tomato</b><br><b>Italian Ice</b>                    | <b>Chicken Sandwich</b><br><b>Cheesburger</b><br><b>Tator Tots</b><br><b>Mashed Potato</b><br><b>Zucchini or Carrots</b><br><b>Chocolate Pudding w/ Topping</b><br><b>(Reg or Diet)</b> |
| <b>Glazed Ham w/ Pineapple</b><br><b>Herb Stuffing</b><br><b>Baked Fish</b><br><b>Brussel Sprouts or Green Beans</b><br><b>Dinner Roll</b><br><b>Ice Cream Sundae</b><br><b>Diet Ice Cream</b>                                                                      | <b>Shepard's Pie w/ Corn or Green Beans</b><br><b>Chicken Pot Pie</b><br><b>Carrots or Peas</b><br><b>Blueberry Pie</b><br><b>Fresh Fruit w/ Topping</b>                                                         | <b>Stuffed Pork Loin</b><br><b>Cheese Manicotti</b><br><b>Baked Potato</b><br><b>Green Beans or Wax Beans</b><br><b>Carrot Cake w/ Icing</b><br><b>Angel Food Cake</b>                                                                                   | <b>29</b><br><b>Pot Roast</b><br><b>BBQ Ribs</b><br><b>Roasted Potatoes</b><br><b>Peas or Cauliflower</b><br><b>Dinner Roll</b><br><b>Ice Cream Sundae</b><br><b>Diet Ice Cream</b>                                 | <b>29</b><br><b>Stuffed Shells</b><br><b>Chicken Culet</b><br><b>Mashed Potatoes</b><br><b>Tossed Salad</b><br><b>Broccoli</b><br><b>Garlic Bread</b><br><b>Blueberry Pie</b><br><b>Fresh Fruit</b>                 |                                                                                                                                                                        |                                                                                                                                                                                         |