Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov		er 202	4		Tuna Salad or Chicken Salad on a Croissant Pasta Salad Three Bean Salad Lettuce and Tomato Dessert Fresh Fruit Diwali (Hindu)	Cheeseburger Hot Dog on Roll Side Egg Noodles Green Beans Cole Slaw Dessert Chocolate Chip Cookies
LowyGaleriestresCream	Roast Turkey with gravy Beef Pot Pie Herb Stuffing Mashed Potato Peas or Broccoli Dessert Pumpkin Pie Diet Pumpkin Pudding	Lasagna with Garlic 5 Bread Chicken Pot Pie <u>Side</u> Tossed Salad Butternut Squash Mashed Potato <u>Dessert</u> Chocolate Pudding Low Calorie Chocolate	Baked Stuffed Chicker6 with Cranberry Sauce Chef Salad Side Baked Potato Green Beans or Beets Dinner Roll Dessert Cookies and Cream Ice	Ravioli Side Mashed Potato Corn Wax Beans Dessert Brownie Low Cal. Pineapples	Salmon with Lemon Cream Sauce Pork Ribs Side Herb Roasted Potatoes Fresh Carrots or Peas Dessert Spice Cake Diet Spiced Angel Cake	Braised Pork 9 Salisbury Steak Side Mashed Sweet Potato Mix Veg Green Beans Dessert Fruited Jell-O w/topping Diet Fruited Jell-O
Roast Turkey w/Cranberry Stuffing Mini Pizza Mashed Potao Peas/Broccoli Dinner Roll Apple Pie Apples and Cinnamon	Stuffed Shells 11 Breaded Chicken Filet Tossed Salad w/Italian Dressing Broccoli Garlic Bread Dessert Lemon Square Diet Lemon Pudding Remembrance Day (Canada)	Roasted Chicken BBQ Pork Ribs Green Beans Butternut Squash Baked Potato Dessert Chocolate Ice Cream Diet Ice Cream	Roasted Chicken BBQ Pork Ribs Green Beans Butternut Squash Baked Potato Dessert Chocolate Ice Cream Diet Ice Cream	Pineapples Beef Pot Pie Mashed Sweet Potato Peas and Pearl Onions Cauliflower Dessert Cherry Pie Fresh Fruit w/Topping	Baked Fish Salisbury Steak Side Scalloped Potatoes Beets or Corn Dessert Brownie Low Calorie Chocolate Pudding	Swedish Meatballs Over Egg Noodles Stuffed Shells Carrots/Broccoli Pound Cake w/Peaches Sliced Peaches
Stuffed Chicken Stuffed Shells Side Rice Medley Butternut Squash Green Beans Dinner Roll Dessert Ice Cream Sundae	Braise Pork Chop Baked Fish Sides Herb Roasted Potatoes Broccoli or Brussel Sprouts Dessert Apple Crisp		Fried Chicken Beef Pot Pie Mashed Potato Green Beans Corn Biscuit Dessert Toffee Ice Cream Regular or Low Cal	Stuffed Peppers BBQ Pork Rib Sides Rice Rice or Mashed Potatoes Asparagus or Carrots Desert 3Layer Chocolate Cake Diet Chocolate Cake	Catch of the Day Roasted Chicken Side Baked Potato Beets or Green Beans Dessert Fruit Bar	Cheeseburger 23 Fried Fish Sides Sweet Potato Fries Mashed Potato Corn Mixed Vegetables Dessert Pound Cake w/Strawberries
Baked Ham w/Pineapples Baked Fish Side Herb Stuffing Brussell Sprouts Green Beans Dinner Roll Dessert Ice Cream Sundae	Shepherd's Pie w/ Cops or Green Beans Chicken Pot Pie <u>Sides</u> Carrots or Peas <u>Dessert</u> Blueberry Pie Fresh Fruit w/ Topping	Braised Pork Loin Ravioli Baked Potato Green Beans Wax Beans Dessert Carrot Cake w/ icing Angel Food Cake	Smothered Braised Chicken Salisbury Steak Rice or Mashed Potato Corn Zucchini Dessert Strawberry Ice Cream Diet Ice Cream	American Chop Sue 28 Beef Pot Pie Garlic Bread Tossed Salad Yellow Squash Dessert Lemon Cake Diet Lemon Cake Thanksgiving Day (US)	Fish and Chips Chicken Breast Side Cole Slaw Mashed Potato Lettuce and Tomato Dessert Italian Ice	Chicken Sandwich Cheeseburger Tater Tots or Mashed Potatoes Coleslawi Carrots Dessert Chocolate Pudding Diet Chocolate Pudding