




**PEACE, INC. SENIOR NUTRITION PROGRAM
NOVEMBER 2018 LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 CLASSIC PHILLY STYLE CHEESE STEAK SANDWICH WITH PEPPERS AND ONIONS SEASONED POTATO WEDGES STEAMED BRUSSEL SPROUTS FRESH BAKED PEANUT BUTTER COOKIE
5 HOME MADE OLD FASHIONED MEATLOAF W/ MUSHROOM GRAVY GARLIC RED SKIN SMASHED POTATOES STEAMED BROCCOLI FLORETS FRUIT COCKTAIL CUP	6 BONELESS CHICKEN CACCIATORE SERVED OVER WHOLE GRAIN PENNE RIGATE PASTA FRESH SPINACH SALAD LEMON ITALIAN ICE CRUSTY ITALIAN BREAD	7 GLAZED HAM SWEET POTATOES W/ CINNAMON PECAN CRUNCH SPINACH FRESH SLICED HONEYDEW	8 VETERAN'S LUNCHEON BEEF POT ROAST WITH GRAVY SERVED OVER EGG NOODLES CALIFORNIA BLEND VEGETABLES PINEAPPLE TIDBITS FRESH BAKED WHOLE WHEAT ROLL
12 NO LUNCH  VETERANS DAY	13 OVEN ROASTED TURKEY WITH GRAVY STUFFING HOME STYLE MASHED POTATOES GLAZED BABY CARROTS PUMPKIN PIE DINNER ROLL	14 SLOPPY JOE ON A KAISER ROLL NEW POTATOES STEAMED BRUSSEL SPROUTS JUICY DICED PEACHES	15 SWEET AND SOUR SHREDDED PORK SERVED OVER SESAME RICE ORIENTAL BLENDED VEGETABLES APRICOTS
19 MEAT LASAGNA CITRUS TOSSED SALAD WITH POPPY SEED DRESSING HONEYDEW MELON CRUSTY ITALIAN BREAD	20 SLOW COOKED PORK AND GRAVY HOME STYLE MASHED POTATOES FOUR WAY MIXED VEGETABLES APPLESAUCE	21 10:30AM BRUNCH BROCCOLI QUICHE MIXED BERRY YOGURT PARFAIT BLUEBERRY MUFFIN ORANGE JUICE	22 THANKSGIVING HOLIDAY SENIOR CENTER CLOSED 
26 CRANBERRY WALNUT CHICKEN SALAD SERVED ON A CROISSANT CHUNKY TOMATO FLORENTINE SOUP FRUIT COCKTAIL	27 SIRLOIN BEEF STROGANOFF SERVED OVER PARSLIED EGG NOODLES CALIFORNIA BLENDED VEGETABLES FRESH BANANA	28 PESTO CHICKEN BOW TIE PASTA FIELD GREENS SALAD W/ VINAIGRETTE PEACH COBBLE	29 HOUSE MADE STUFFED BELL PEPPER ROASTED CAULIFLOWER BUTTERSCOTCH PUDDING CUP GARLIC TEXAS TOAST

RESERVATIONS: CALL THE LUNCH LINE @315-469-3259 LUNCH IS SERVED AT NOON 60+ SENIORS... \$3.00 GUESTS UNDER 60... \$6.00

LUNCH RESERVATIONS SHOULD BE IN BY 12:30 PM THURSDAY FOR THE FOLLOWING WEEK.