

## MENU November 2023 Celebrating Italian Flavors on Wednesdays

Monday	Tuesday	Wednesday	Thursday	Friday
		Italian Wednesdays Chicken Parmesn Spaghetti Broccoli and Red Peppers Frozen Mixed Berries Garlic Bread 1% Low Fat milk	Tomato Basil Soup Tuna Salad w/Egg Basic Pasta Salad Pear Multigrain Bread 1% Low Fat Milk	3 Lemon Pepper Fish Potato Salad Normandy Blend Fresh Strawberries Whole Wheat Bread 1% Low Fat Milk Grape Juice
6 Butternut Squash Soup Black Bean Fajita Red Lentils w/Pasta and Lemon Garlic Greens Caesar Salad Cantaloupe Multigrain Bread 1% Low Fat Milk  *Caesar Dressing *Croutons	7 Turkey Meatloaf Homemade Mashed Potatoes Garden Salad Grapes Multigrain Bread 1% Low Fat Milk *Balsamic Dressing	Italian Wednesdays Italian Meatballs Kshmir Brown Rice Potatoes w/ Greens- Beans Frozen Pineapple Multigrain Bread 1% Low Fat Milk *Chocolate Pudding	9 Yankee Pot Roast Egg Noodles Steamed Carrots Apples Multigrain Bread 1% Low Fat Milk	10 Center Closed Water Shut Off
13 Baked Falafel Balls Tabbouleh w/ Chickpeas Oranges Multigrain Pita Bread 1% Low Fat Milk *Tzatziki Yogurt Dressing	14 Stuffed Peppers w/ Turkey Cucumber Dill Salad Pears Multigrain Bread 1% Low Fat Milk	Italian Wednesdays Beef Lasagna Mixed Green Salad Pear Garlic Bread 1% Low at Milk	16 THANKSGIVING LUNCH Roasted Turkey w/ Gravy Sweet Potatoes w/ Marshmallows Green Beans w/ Onions Cornbread Stuffing Cranberry Sauce Dinner Rolls 1% Low Fat Milk	17 Lemon Garlic Baked Fish Basic Pasta Salad Spiced Sweet Potatoes Grapes Multigrain Bread 1% Low Fat Milk *Pineapple Juice
20 Hearty Coconut Curry Red Lentil Soup Broccoli w/ Toasted Garlic Tossed Salad Frozen Mixed Berries Multi Grain Bread 1% Low Fat Milk *Salad Dressing	Pinto Bean Stew Egg Noodles Italian Blend Vegetables Grapes Whole Wheat Bread 1% Low Fat Milk	Italian Wednesdays Italian Wedding Soup Stuffed Shells w/ Marinara Sauce Garden Salad Whole Wheat Bread 1 % Low Fat Milk	Center Closed  Center Closed  Happy  Thanksgiving	
Whole Wheat Rotini w/ Spinach, Chickpeas, and Garlic Brussel sprouts Mexican Corn Confetti Salad Fruit Cocktail Multigrain Bread 1% Low Fat Milk *Apple Juice	28 Braised Beef Brown Rice w/ Kidney Beans Mixed Green Salad Raisins and Fruit Whole Wheat Bread 1% Low Fat Milk	Italian Wednesdays Shrimp Scampi Roastd Broccoli Tossed Salad Pear Garlic Bread 1% Low Fat Milm	30 Chicken Barley and Vegetable Soup Cheese Ravioli Beets and Baby Car- rots w/	Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet.



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