

# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
<b>515-993-4531 #4</b>		Open-Faced Hot Turkey Sandwich (1)	Baked Fish Sandwich (1)	BBQ Chicken
<b>515-465-2300 #4</b>		Mashed Potatoes w/ Gravy(1.5)	Sweet Potato Fries (1.5)	Creamed Potatoes (0.5)
		Broccoli	Brussels Sprouts	Mixed Vegetables (1)
		Fruit Cocktail (1.5)	Apricots (1)	Plums (1)
		Chocolate Chip Cookie (1)	Refrigerator Dessert (2)	Pineapple Cake (1.5)
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Mac & Cheese/Turkey Ham(1.5)	Taco Stew (1)	Pork Roast	Steak in Brown Gravy (0.5)	Cheesy Chicken Supreme(1)
Peas & Onions (0.5)	Lima Beans (1)	Baked Squash (1.5)	Mashed Potatoes w/ Gravy(1.5)	Carrot Slices
Tropical Fruit (1)	Crackers (1)	Zucchini & Tomatoes	Seasoned Asparagus	Cinnamon Applesauce (1)
Vanilla Fruit Salad (1.5)	Strawberry Whip Dessert (1)	Peaches (1)	Pineapple (1))	Lemon Square (1.5)
	Banana (2)	Cherry Crisp (2)	Peanut Butter Cake (2)	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Potato Bacon Soup (1.5)	Breaded Fish Fillet (1.5)	Beef Cabbage Soup	Roast Turkey w/ Dressing (1)	Hamburger on Bun(1)
Spinach Salad (.5)	Creamy Coleslaw (0.5)	French Cut Green Beans	Candied Sweet Potatoes(2)	Lettuce & Tomato
Crackers (1)	Blackeye Pea Salad(2)	Tropical Fruit (1)	Cranberry Sauce (1)	Corn (1)
Pears (1)	Pineapple (1)	Carrot Cake (2.5)	Broccoli	Apricots (1)
 Fruited Gelatin (1)	Peach Cake (1)	Crackers (1)	Mandarin Oranges (1)	Banana (2)
			Pumpkin Bar (1)	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Cooks Choice OR</b>	Salmon Croquette (.5)	Scalloped Potatoes w/ Turkey Ham (1.5)	<b>Thanksgiving</b>	<b>HomeCare Closed for Thanksgiving Holiday</b>
Pork Chop in Brown Gravy	New Potatoes (1)	Peas (0.5)		
Mashed Potatoes (1.5)	Broccoli	Orange (1)		
Spinach	Fruit Cocktail (1)	Berry Crisp (2)		
Peaches (1)	Strawberries (1)			
Fresh Apple (1)				
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Biscuits & Gravy (2)	<b>Cooks Choice OR</b>	Goulash (1)	<b>Cooks Choice OR</b>	
Scrambled Eggs	Oven Fried Chicken (0.5)	Capri Vegetables (1)	Lemon Pepper Fish	
Green Peppers & Onions	Potato Wedges (1)	Garlic Bread (1)	Parslied Potatoes (1)	
Pineapple (1)	Green Beans	Fruit Cocktail (1)	Corn (1)	
 Sweet Cherries (1.5)	Plums (1)	Oatmeal Cookie (1)	Grapes (1)	
	Blueberry Whipped Dessert(1)		Brownie (2)	

\*Salt shaker indicates meals that are above 800 mg of sodium.

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days are not with carbohydrate count.

  
Stephanie Labenz, MS,RD,LD