

NOVEMBER 2016

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(OCTOBER 31) BEAN & HAM SOUP (27) Diced Carrots (6) Mini Breadstick (13) Whole Wheat Bread (10) Black Forest Cake (34)	(1) SAUCY VEAL PARMESAN (22) OVER SPAGHETTI (20) Wax Beans (5) Whole Wheat Bread (10) Sunshine Peaches (39)	(2) GARLICKY CHICKEN (9) Parsley Boiled Potatoes (11) Colorful Peas & Carrots (8) Whole Wheat Bread (10) Mandarin Oranges (36)	(3) GOLD COAST PORK CHOPS (6) Mashed Potatoes (18) Italian Beans (5) Whole Wheat Bread (10) Apple Dump Cake (47)	(4) CRISP CHICKEN FINGERS (8) Down-Home Fries (15) Baked Beans with Ham (26) Creamy Coleslaw (11) Whole Wheat Bread (10) Oatmeal Raisin Cookie (15)
(7) POTATO CRUNCH FISH (14) Twice-Baked Potatoes (17) Mixed Vegetables (10) Whole Wheat Bread (10) Apple w/Caramel Dip (39)	(8) SPANISH RICE WITH MEAT (20) Cauliflower (4) Hawaiian Roll (19) Tropical Fruit Salad (21)	(9) GOURMET CHICKEN TETRAZZINI (31) Garden Vegetable Blend (9) Multigrain Dinner Roll (24) Creamy Cucumbers (7)	(10) SLOPPY JOES ON A (9) WHOLE WHEAT BUN (25) Oven-Baked Potato (28) Green Beans (5) Chocolate Chip Cookie (26)	(11) VETERANS' DAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(14) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (18) w/Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Mixed Fruit Cup (13)	(15) COD FISH FILET ON A (21) WHOLE WHEAT BUN (25) Diced Redskin Potatoes w/Onion (11) California Blend Vegetables (5) Chunky Applesauce (22)	(16) HOMESTYE LASAGNA (33) Italian Blend Vegetables (6) Tossed Salad (2) Garlic Bread (12) Peanut Butter Cookie (14)	(17) <u>THANKSGIVING DINNER</u> BAKED TURKEY (3) Mashed Potatoes w/ Gravy (20) Stuffing (29) Squash (10) Cranberry Sauce (13) Dinner Roll (23) Pumpkin Pie (66)	(18) SCRAMBLED EGGS (2) Oven-Browned Potatoes (19) Sausage Links (0) Petite Bagel (14) Harvest Pears (32)
(21) CHICKEN & PASTA ALFREDO (22) Broccoli Florets (4) Hawaiian Roll (19) Chocolate Pudding (27)	(22) SEASONED SWISS STEAK (8) Mashed Potatoes (18) Riviera Blend Vegetables (6) Whole Wheat Bread (10) Pineapple Chunks (18)	(23) BAKED PORK CHOPS (1) Oven-Baked Potato (28) Green Bean Casserole (9) Whole Wheat Bread (10) Bite-Sized Peaches (12)	(24) THANKSGIVING DAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(25) THANKSGIVING HOLIDAY ALL OFFICES & MEAL SITES WILL BE CLOSED
(28) CRISPY CHICKEN (16) Diced Redskin Potatoes/Onion (11) Spinach (4) Whole Wheat Bread (10) Mandarin Oranges/Pineapple (20)	(29) HAMBURGER GRAVY (8) Mashed Potatoes (18) Kyoto Blend Vegetables (8) Whole Wheat Bread (10) Butterscotch Pudding (22)	(30) OLD-FASHIONED MEATLOAF (12) Scalloped Potatoes (21) Glazed Carrots (10) Whole Wheat Bread (10) Lemon Poppyseed Cake (42)	(DECEMBER 1) ROASTED PORK LOIN (0) Mashed Potatoes w/ Gravy (20) Broccoli w/Cheese Sauce (5) Whole Wheat Bread (10) Diced Pears (15)	(DECEMBER 2) WHITE BEAN CHICKEN CHILI (21) Diced Carrots (6) Corn Muffin (24) Vanilla Yogurt Cup (22)

All Meals at the Dining Centers served with Fat-Free Milk (13)
 (Number next to the menu item indicates grams of carbohydrate.)

SALAD/SANDWICH MENU

NOVEMBER 2016

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 10-31 THRU 11-4-16) <u>CHICKEN CAESAR SALAD</u> Baked Chicken Cheese Croutons Marzetti Caesar Dressing Whole Grain Dinner Roll</p>	<p><u>HAM SALAD SANDWICH</u> Ground Ham Mayonnaise Relish Whole Wheat Bread</p>
<p>(WEEK OF 11-7 THRU 11-11-16) <u>TACO SALAD</u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing</p>	<p><u>CREAMY EGG SALAD SANDWICH</u> Whole Wheat Bread Carrots Cucumber Slices</p>
<p>(WEEK OF 11-14 THRU 11-18-16) <u>CRISPY CHICKEN SALAD</u> Crispy Chicken Marzetti Buttermilk Dressing Multi-Grain Dinner Roll</p>	<p><u>AMERICAN CLUB WRAP</u> Whole Wheat Wrap Ham Turkey Bacon Tomatoes Cheese Ranch Dressing</p>
<p>(WEEK OF 11-21 THRU 11-25-16) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll</p>	<p><u>TACO SALAD WRAP</u> Ground Beef Black Beans Tomato Lettuce Cheese Fritos Salsa Whole Wheat Wrap</p>
<p>(WEEK OF 11-28 THRU 12-2-16) <u>FALL APPLE SALAD</u> Diced Chicken Granny Smith Apple Slices Dried Cherries Walnuts Swiss Cheese Poppyseed Dressing Multi-Grain Dinner Roll</p>	<p><u>CHICKEN SALAD WRAP</u> Whole Wheat Flatbread Cucumber Spears Carrots Marzetti Ranch Dressing</p>

All Salads and Sandwiches served with
 Dessert and/or Fruit of the Day and Fat-Free Milk