








# NOVEMBER 2018 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Funding through: Fresno-Madera Area Agency on Aging                      All meals include Low Fat Milk                      Senior Suggested Donation: \$2.50 Non-Senior Rate: 5.10</p>				
<p> <b>High Sodium Meal</b>                      Menu Subject To Change Without Notice</p>				
5 Macaroni & Cheese Broccoli Normandy Pineapple Bits Chocolate Pudding 	6 Chili Verde Refried Beans Tropical Fruit	7 Beef & Vegetable Stew Brown Rice Hi C Salad Diced Peaches	8 Cheeseburger Pork & Beans Sliced Apples	9 Beef Stroganoff Sliced Carrots French Bread Tropical Fruit
12 <b>Closed Veterans Day</b> 	13 Beef Pepper Steak Mashed Potato Wheat Bread Pineapple Bits	14 Breaded Chicken Drumstick Peas & Carrots Wheat Bread Tropical Fruit	15 Fettuccini Alfredo W/Chicken French Bread Hi C Salad Diced Pears	16 Tuna Salad Sandwich Corn Chowder Orange
19 Cheeseburger Potato Salad Tropical Fruit	20 Spaghetti W/Meatsauce Hi C Salad French Bread Diced Peaches	21  Turkey Pot Roast Cornbread Stuffing Sweet Potato Mixed Fruit Oatmeal Cookie	22 <b>Closed Holiday</b> 	23 <b>Closed Holiday</b> 
26 Chinese Chicken Stir Fry Rice Tropical Fruit	27 Pork Rib BBQ Sandwich Beets Cantaloupe	28 Meatloaf W/Gravy Mixed Vegetables Mashed Potatoes Wheat Roll Mixed Fruit	29  Cheese Lasagna Peas & Carrots Wheat Bread Sliced Apples Tapioca Pudding	30 Bean & Cheese Burrito Salad W/Broccoli Diced Peaches