November — Aging Ahead Sullivan Senior Center Menu — 2024

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH RESERVATION REQUIRED 573-468-3766 SUGGESTED DONATION IS $5		Visit our website at agingahead.org to Register for CHOICE Programs or call Jean at 636-207-4227		**1** COUNTRY FRIED STEAK, MASHED POTATOES W/GRAVY, ROASTED BROCCOLI, APPLE RAISIN CHUTNEY, BREAD, GRAHAM CRACKERS, MILK, TEA, LEMONADE & COFFEE
4 CLOSED ELECTION SET UP	**5** CLOSED ELECTION VOTING	**6** CLOSED ELECTION CLEAN UP	**7** PIZZA CASSEROLE, LIMA BEANS, FRUITED JELLO, GARLIC BREAD MILK, TEA, LEMONADE & COFFEE	**8** VEGGIE TACO SKILLET, MIXED BERRIES, BREAKFAST BAR, SPANISH RICE, CORN MILK, TEA, LEMONADE & COFFEE
11 SALISBURY STEAK, MASHED POT. W/MUSHROOM GRAVY, STEAMED BROCCOLI, SLICED PEACHES, ROLL, VANILLA WAFFERS, MILK, TEA, LEMONADE & COFFEE	**12** PORK TENDERLOIN W/BBQ SAUCE, CORN & PEPPERS, ZUCCHINI FRIES, APPLE SAUCE, MUFFIN & BISCUIT, MILK, TEA, LEMONADE & COFFEE	**13** CHICKEN & DUMPLINGS, BLACK EYED PEAS, BRUSSEL SPROUTS, BLACKBERRIES, WHOLE GRAIN BREAD MILK, TEA, LEMONADE & COFFEE	**14** BEER BATTERED COD, PEA SALAD, BREADED OKRA, PEACH COBBLER, RICE PILAF, HUSHPUPPIES, MILK, TEA, LEMONADE & COFFEE	**15** CHICKEN SALAD, THREE BEAN SALAD, COLESLAW, FRUIT COCKTAIL, CROISSANT MILK, TEA, LEMONADE & COFFEE
18 CHEESE MANICOTTI W/SAUCE, KEY LARGO BLEND VEG., TROPICAL FRUIT, GARLIC BREAD MILK, TEA, LEMONADE & COFFEE	**19** SC&ONION CHICKEN, PACIFIC BLEND VEG., BAKED POTATO, APPLE SAUCE, WHEAT ROLL, COOKIE, MILK, TEA, LEMONADE & COFFEE	**20** SWEEDISH MEATBALLS, GLAZED CARROTS, CHEESY CAULIFLOWER, BERRY CRISP, EGG NOODLES, WHOLE GRAIN BREAD, MILK, TEA, LEMONADE & COFFEE	**21** CARNITAS ENCHILLADAS, TOMATO & ZUCCHINI, BLACK BEANS, MANDARIN ORANGES MILK, TEA, LEMONADE & COFFEE	**22** CHEF SALAD, BANANA, SUNCHIPS, MUFFIN MILK, TEA, LEMONADE & COFFEE
25 BBQ RIBLET, ROASTED VEGETABLES, GREEN BEANS, BLUEBERRIES, WHEAT BUN MILK, TEA, LEMONADE & COFFEE	**26** WESTERN OMLET, HASHBROWN PATTY, PEARS, STRAWBERRIES, CEREAL, WHEAT BREAD MILK, TEA, LEMONADE & COFFEE	**27** CHICKEN CORDON BLEU, ROASTED ASPARAGUS, HARVARD BEETS, DICED MANGOS, WHEAT ROLL, BROWNIE MILK, TEA, LEMONADE & COFFEE	**28** CLOSED	**29** CLOSED