

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>Lunch</u> Baked Ham with Raisin Sauce Baked Haddock Peas & Onions Sweet Potatoes, Dinner Roll <i>Ice Cream Sundae</i> <u>Supper</u> Cream of Tomato Soup Grilled Cheese Sandwich Ham Salad Sandwich Pickle, Potato Chips <i>Tropical Fruit</i>	2 <u>Lunch</u> Salisbury Steak with Gravy Oven Fried Chicken Creamed Corn Parsley Potatoes, Dinner Roll <i>Pound Cake with Peaches</i> <u>Supper</u> Chicken Gumbo Soup Quiche Lorraine Turkey Salad Sandwich Pasta Salad <i>Boston Cream Pie</i>	3 <u>Lunch</u> Chicken Marsala Western Omelet Glazed Carrots Rice, Dinner Roll <i>Lemon Meringue Pie</i> <u>Supper</u> Navy Bean Soup Pulled Pork Sandwich Tuna Salad Sandwich Peas <i>Sliced Pears</i>	4 <u>Lunch</u> Stuffed Shells Seafood Newburg Cauliflower, Mashed Sweet Potatoes Garlic Bread <i>Ice Cream</i> <u>Supper</u> Hearty Chicken Soup Lobster Mac & Cheese Fruit Plate, Cottage Cheese Stewed Tomatoes <i>Fruited Jello with Topping</i>	5 <u>Lunch</u> Baked Stuffed Shrimp Stuffed Pepper Seasoned Spinach Mashed Potatoes, Dinner Roll <i>Pineapple Chunks</i> <u>Supper</u> Vegetable Soup Chicken Tenders Egg Salad Sandwich French Fries <i>Peanut Butter Cookie</i>	6 <u>Lunch</u> Baked Haddock with Crumb Topping Pot Roast with Gravy Mixed Vegetables O'Brien Potatoes, Dinner Roll <i>Tiramisu</i> <u>Supper</u> Clam Chowder Cheese Pizza Crabmeat Salad Sandwich Three Bean Salad, Potatoes Chips <i>Tapioca Pudding</i>	7 <u>Lunch</u> American Chopped Suey Hot Turkey Sandwich Capri Blend Vegetables Mashed Potatoes ~ Dinner Roll <i>Sliced Peaches</i> <u>Supper</u> Curried Butternut Squash Soup Hot Dog on Bun Chicken Salad Plate Cole Slaw – Baked Beans <i>Apple Strudel</i>
8 <u>Lunch</u> Sweet Chili Salmon Corned Beef Cabbage, Diced Carrots Boiled Potatoes, Dinner Roll <i>Ice Cream Sundae</i> <u>Supper</u> Garden Vegetable Soup Crab Cake Ham & Cheese Sandwich Peas, French Fries <i>Fruit Cocktail</i>	9 <u>Lunch</u> Baked Ham with Raisin Sauce Stuffed Cabbage Wax Beans Oven-Roasted Potatoes, Dinner Roll <i>Chocolate Eclair</i> <u>Supper</u> French Onion Soup Grilled Cheese Sandwich Chef Salad Plate Three Bean Salad <i>Apple Turnover</i>	10 <u>Lunch</u> Cheese Ravioli Baked Scallops Brussels Sprouts Mashed Potatoes, Garlic Bread <i>Blueberry Pie</i> <u>Supper</u> Cream of Tomato Soup Tuna Casserole Corned Beef on Rye Carrots <i>Sugar Cookie</i>	11 <u>Lunch</u> BBQ Chicken Baked Tilapia Italian Blend Vegetables Rice, Dinner Roll <i>Angel Food Cake with Fruit Sauce</i> <u>Supper</u> Hearty Chicken Soup Grilled Ham & Cheese Sandwich Turkey Salad Sandwich Pasta Salad, Potato Chips <i>Jello with Topping</i>	12 <u>Lunch</u> Beef Pot Pie Marinated Ginger Swordfish Butternut Squash Parsley Potatoes, Biscuit <i>Banana Cream Pie</i> <u>Supper</u> Lentil Soup Chicken Tenders Egg Salad Sandwich French Fries <i>Diced Peas</i>	13 <u>Lunch</u> Baked Haddock Baked Chicken with Gravy Vegetable Medley Lyonnaise Potatoes Dinner Roll <u>Supper</u> Beef Vegetable Soup Cheese Pizza Greek Salad & Chicken Pocket Pickle, Potato Chips <i>Cream Puff</i>	14 <u>Lunch</u> Swedish Meatballs with Noodles Cheese Omelet Chopped Broccoli Dinner Roll <i>Brownie</i> <u>Supper</u> Chicken and Dumpling Soup Tuna Melt Egg Salad Sandwich Three Bean Salad <i>Rice Pudding</i>
15 <u>Lunch</u> Baked Haddock Roast Turkey with Stuffing Gravy, Cranberry, Squash Mashed Potatoes, Dinner Roll <i>Ice Cream Sundae</i> <u>Supper</u> Split Pea Soup Hamburger on a Bun Chicken Salad Sandwich Pasta Salad <i>Fruit Cocktail</i>	16 <u>Lunch</u> Filet of Sole Meatloaf with Gravy Peas, Scalloped Potatoes Dinner Roll <i>Vanilla Strawberry Parfait</i> <u>Supper</u> Cream of Tomato Soup Angel Hair Pasta Chicken Salad Sandwich Sauteed Spinach <i>Pineapple Chunks</i>	17 <u>Lunch</u> Roast Pork Vegetable Quiche Seasoned Carrots Delmonico Potatoes Dinner Roll <u>Supper</u> Chicken Creole Soup Fishwich on a Bun Ham Salad Sandwich Cole Slaw <i>Oatmeal Cookie</i>	18 <u>Lunch</u> Ziti and Italian Meatballs Baked Tilapia Cauliflower, Mashed Sweet Potatoes Garlic Bread <i>Mandarin Oranges</i> <u>Supper</u> Split Pea Soup Grilled Reuben Turkey Salad on Croissant French Fries <i>Jello with Topping</i>	19 <u>Lunch</u> Chicken Cacciatore Roast Beef with Gravy Mixed Vegetables Rice, Dinner Roll <i>Gingerbread with Topping</i> <u>Supper</u> Minestrone Soup Cheese Pizza Seafood Salad Sandwich Pasta Salad <i>Diced Peaches</i>	20 <u>Lunch</u> Baked Ham with Raisin Sauce Baked Haddock Oscar Asparagus, Lyonnaise Potatoes Dinner Roll <i>Apple Pie</i> <u>Supper</u> Clam Chowder Macaroni & Cheese Sliced Turkey Sandwich Stewed Tomatoes <i>Raspberry Filled Cookies</i>	21 <u>Lunch</u> Stuffed Chicken Breast w/ Gravy Tortellini with Alfredo Sauce Green Beans, Red Bliss Potatoes Dinner Roll <i>Pound Cake</i> <u>Supper</u> Beef Vegetable Soup Western Omelet Tuna Salad Sandwich Carrot Raisin Salad <i>Tapioca Pudding</i>
22 <u>Lunch</u> Pot Roast with Gravy Asian Salmon Glazed Carrots Mashed Potatoes, Dinner Roll <i>Ice Cream Sundae</i> <u>Supper</u> Split Pea Soup Hamburger on a Bun Chicken Salad Sandwich Pasta Salad <i>Fruit Cocktail</i>	23 <u>Lunch</u> Turkey a la King Baked Stuffed Shrimp Green Beans Roasted Potatoes, Dinner Roll <i>Apple Crisp</i> <u>Supper</u> Vegetable Soup Grilled Cheese Sandwich Egg Salad Sandwich Three Bean Salad, Potato Chips <i>Sliced Pears</i>	24 <u>Lunch</u> Chicken Pot Pie Liver & Onions Butternut Squash Mashed Potato, Biscuit <i>Peach Pie</i> <u>Supper</u> Hearty Chicken Soup Chef Salad Plate Johnny Cake Sausage Link <i>Brownie</i>	25 <u>Lunch</u> Meat Lasagna Baked Haddock Italian Blend Vegetables Parsley Potatoes, Garlic Bread <i>Strawberry Shortcake</i> <u>Supper</u> French Onion Soup Chicken Tenders Tuna Salad Sandwich Peas, Potatoes <i>Jello with Topping</i>	26 <u>Lunch</u> Baked Scallops Roast Turkey with Stuffing Cranberry Sauce, Gravy Squash, Mashed Potatoes, Dinner Roll <i>Pumpkin Pie</i> <u>Supper</u> Beef Barley Soup Clam Cake Meatball Sub French Fries <i>Vanilla Pudding</i>	27 <u>Lunch</u> Stuffed Filet of Sole Apricot Roast Pork Broccoli O'Brien Potatoes, Dinner Roll <i>Orange Frosted Cake</i> <u>Supper</u> Corn Chowder Fishwich on a Bun Turkey Salad Sandwich Meatball Sub Pickled Beets <i>Chocolate Chip Cookies</i>	28 <u>Lunch</u> Chicken Cordon Bleu American Chop Suey Winter Blend Vegetables Mashed Potatoes, Dinner Roll <i>Apple Cobbler</i> <u>Supper</u> Cream of Mushroom Soup Cheese Pizza Chicken Salad Sandwich Carrot Raisin Salad, Potato Chips <i>Butterscotch Pudding</i>
29 <u>Lunch</u> Baked Ham with Raisin Sauce Baked Haddock Peas & Onions Sweet Potatoes, Dinner Roll <i>Ice Cream Sundae</i> <u>Supper</u> Cream of Tomato Soup Grilled Cheese Sandwich Ham Salad Sandwich Pickle, Potato Chips <i>Tropical Fruit</i>	30 <u>Lunch</u> Salisbury Steak with Gravy Oven Fried Chicken Creamed Corn Parsley Potatoes, Dinner Roll <i>Pound Cake with Peaches</i> <u>Supper</u> Chicken Gumbo Soup Quiche Lorraine Turkey Salad Sandwich Pasta Salad <i>Boston Cream Pie</i>				<h1>November 2020</h1>  <p>Menus are modified for those on restricted diets and are subject to change.</p>	