





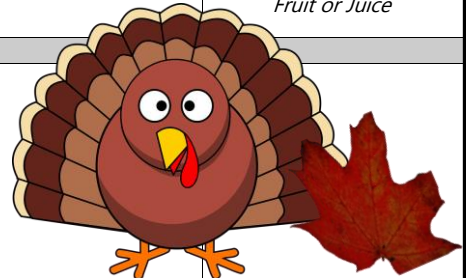


NOVEMBER 2023 - FROZEN STANDARD MENU

CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
|  |  | | Moroccan Eggplant, Chickpea, and Tomato Stew Brown Rice California Blend Vegetables <i>Fruit or Juice</i> | Chicken Meatballs w/ Mushroom Gravy Egg Noodles Steamed Carrots <i>Fruit or Juice</i> | Baked Fish Marsala with Mushrooms Capri Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i> | Chicken Stir Fry with Vegetables Pearled Barley Vegetable Mix <i>Fruit or Juice</i> |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | Cheese Lasagna Rollups w/ Tomato Sauce Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i> | Vegetarian Three Bean Chili Steamed Broccoli Steamed Cauliflower <i>Fruit or Juice</i> | Beef Meatloaf with Mushroom Gravy Smashed Red Potatoes California Blend Vegetables <i>Fruit or Juice</i> | Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i> | Spanish Style Baked Fish Cous Cous Vegetable Mix <i>Fruit or Juice</i> | Mexican Style Chicken Thighs and Rice Italian Blend Vegetables <i>Fruit or Juice</i> |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i> | Red Lentil Bolognese Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i> | Chicken Kofta Cous Cous Steamed Cauliflower <i>Fruit or Juice</i> | Chili con Carne Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i> | Baked Fish Marsala with Mushrooms Italian Blend Vegetables Yellow Plantains <i>Fruit or Juice</i> | BBQ Pork Chops Baked Sweet Potato Normandy Blend <i>Fruit or Juice</i> |
| 19 | 20 | 21 | 22 | Thanksgiving | 24 | 25 |
| | Beef Meatballs in Tomato Sauce Cous Cous Steamed Cauliflower <i>Fruit or Juice</i> | Grilled Chicken Breast w/ Mushroom Gravy Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i> | Spiced Lentil and Sweet Potato Stew Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i> | Special Thanksgiving Meal Turkey w/ Gravy Stuffing Green Beans <i>Fruit or Juice</i> | Teriyaki Glazed Fish Vegetable Mix Yellow Plantains <i>Fruit or Juice</i> | Amazing Vegan Whole Grain Mac and Cheese Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i> |
| 26 | 27 | 28 | 29 | 30 | | |
|  | Stuffed Shells w/ Tomato Sauce Baby Carrots with Parsley <i>Fruit or Juice</i> | Honey Mustard Chicken Drumstick Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i> | Lentil Chili Toasted Barley with Mushrooms California Blend Vegetables <i>Fruit or Juice</i> | Chicken Fricassee Yellow Rice Normandy Blend <i>Fruit or Juice</i> |  | |

All meals will be accompanied by a carton of milk, whole wheat bread, margarine. Fruit OR juice varies per day.