



	Monday	Tuesday	Wednesday	Thursday	Friday
BOX			1	2	3
LUNCH	Sunday, November 5, 2017	Saturday November 11, 2017	<b>Grilled Chicken w/BBQ Sauce</b> Potato Wedges Cheesy Broccoli Bun Applesauce	<b>Pork Cutlet w/ Gravy</b> Green Beans Beets Wheat Bread (2 slices) / Margarine Pineapple	<b>Lemon Pepper Fish w/ Tartar Sauce</b> Brown Rice Scandinavian Veggie Blend (2 servings) Wheat Bread / Margarine Fruit Cocktail
WEEK	Daylight Saving Time Ends	<b>THANK YOU VETERANS</b> Veterans Day - November 11	Diet: same	Diet: same	Diet: same
5	6	7	8	9	10
LUNCH	<b>Broccoli Cheddar Chicken</b> Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail	<b>Spaghetti &amp; Meatballs w/ Marinara</b> Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese	<b>Swiss Steak w/ Peppers / Onions / Cheese</b> Stewed Tomatoes O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears	<b>turkey Ham &amp; Beans</b> Mixed Vegetables (2 servings) Cornbread / Margarine Fruit Cocktail Animal Crackers	<b>Entree Salad w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret, Saltine Crackers &amp; Ranch Dressing</b> Fresh Orange Animal Crackers
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same
6	13	14	15	16	17
LUNCH	<b>Salisbury Steak w/Gravy</b> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) / Margarine Pears	<b>Hamburger w/ Swiss American Cheese slice</b> Baked Beans Broccoli Bun Pineapple Mustard / Ketchup	<b>Smoked Turkey Sausage w/ Sauerkraut</b> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup	<b>Stuffed Cabbage Roll w/Marinara</b> Peas & Onions Sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams	<b>Italian Chicken w/ Marinara over Spaghetti</b> Italian Vegetables Peas Cranberry Juice Sponge Cake
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	Diet: same <b>HAPPY BIRTHDAY!</b>
7	20	21	22	23	24
LUNCH	<b>THANKSGIVING CELEBRATION</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Pineapple Pumpkin Pie	<b>Chili w/Spaghetti</b> Vegetable Medley (2 servings) Cheddar Cheese unsalted Saltine Crackers (2 pk) Pears	<b>Beef &amp; Noodles w/ Gravy</b> Green Beans Carrots Wheat Bread / Margarine Peaches	<b>Happy Thanksgiving!</b> <b>Clermont Senior Services Closed</b> 	
WEEK 1	Diet Alt: Sponge Cake	Diet: same	Diet: same		
BOX	27	28	29	30	
LUNCH	<b>BBQ Beef</b> Peas & Onions Potato Wedges Peaches Bun	<b>Country Fried Steak w/Gravy</b> Potato Wedges Green Beans Dinner Roll / Margarine Orange Pineapple Juice 100% Chocolate Sponge Cake	<b>Turkey Tetrazzini w/ Peas and Mushrooms</b> Brussel Sprouts Baked Cinnamon Apples Wheat Bread / Margarine	<b>Chicken and Brown Rice w/ Gravy</b> Broccoli diced Carrots Wheat Bread / Margarine Pears	<small>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave, S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer.</small>
WEEK	Diet: same	Diet: same	Diet: same	Diet: same	<small>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</small>
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