

# NOVEMBER 2020

## VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

**Suggested donation \$4.00 a meal for people 60+ and spouse of 60+**

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL AND 60+ TAKE OUT MEALS (NOT HOME DELIVERED) IS A CHARGE OF \$5.00  
SNAP vouchers accepted by calling the Lisbon Office

### ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
COUNTRY MEATBALLS MASHED POTATOES CORN FRUIT CARROT BREAD	MEATLOAF BAKED POTATO GLAZED CARROTS PEAR SLICES ROSEMARY DINNER ROLL	SALMON LOAF TARTAR SAUCE SCALLOPED POTATOES KEY LARGO VEGETABLES APPLE CRISP W/WHIPPED TOPPING BANANA BREAD	TERIYAKI CHICKEN WILD RICE MAUI BLEND VEGGIES FRUITED JELLO W/WHIPPED TOPPING WHOLE WHEAT BREAD	SPAGHETTI W/MEATSAUCE MIXED VEGETABLES TROPICAL FRUIT GARLIC FRENCH BREAD
9	10	11	12	13
ROAST PHILLY SANDWICH TATOR TOTS HARVARD BEETS FRESH FRUIT CHOCOLATE CHIP ZUCCHINI BREAD	BARBECUE RIBS STEAMED PEAS BAKED POTATO APPLESAUCE CORN BREAD MUFFIN	CABBAGE ROLLS MASHED POTATOES W/ SAUCE KRINKLE CUT CARROTS PINEAPPLE & COTTAGE CHEESE RHUBARB MUFFIN	BEEF TIPS WITH GRAVY ROASTED RED POTATOES BROCCOLI RAISIN SALAD PEAR CRISP W/ TOPPING WHOLE WHEAT BREAD	HERBED CHICKEN BREAST MASHED POTATOES & GRAVY GREEN BEAN CASSEROLE FRUITED JELLO & WHIPPED TOPPING WHOLE WHEAT BREAD
16	<b>THANKSGIVING MEAL</b> 17	18	19	20
BEEF STEW FRENCH GREEN BEANS PARSLIED BUTTERED POTATOES MANDARIN ORANGES BISCUIT	ROAST TURKEY MASHED POTATOES W/GRAVY STUFFING SQUASH CRANBERRY SAUCE LEFSE PUMPKIN PIE & WHIPPED TOPPING	CHICKEN PARMESAN W/ MARINARA OVER NOODLES CALIFORNIA VEGETABLE BLEND WINTER FRUIT CUP WHOLE WHEAT BREADSTICK	PORK CHOP W/MUSHROOM GRAVY STUFFING MASHED POTATOES GERMAN BLEND VEGETABLES FRUITED JELLO & WHIPPED TOPPING	HAMBURGER W/ LETTUCE , TOMATO AND ONION WHOLE WHEAT BUN CLASSIC POTATO SALAD CALICO BEANS FRUIT
23	24	25	26	27
CHILI MAC HOTDISH MEXICORN FRUIT WHOLE WHEAT BREAD SLICE	BAKED COD W/ALFREDO SAUCE WILD RICE BLEND CREAMED PEAS CRUNCHY CUKES RHUBARB CRISP & WHIPPED TOPPING	PULLED PORK ON WHOLE WHEAT BUN ROASTED RED POTATOES PACIFIC BLEND VEGETABLES FRUITED JELLO & WHIPPED TOPPING	<b>CLOSED</b> 	LASAGNA RIVIERA BLEND VEGETABLES ROMAINE SALAD FRUIT COCKTAIL WHOLE WHEAT GARLIC BREADSTICK
30				
BARBECUE CHICKEN BREAST CHEESY HASHBROWN BAKE CREAMY COLESLAW WARM CINNAMON APPLES WHOLE WHEAT DINNER ROLL	<p>Lisbon 683-4295 Enderlin 437-2669 Milnor 427-9327 Cogswell 724-3024 Forman 724-3928 Rutland 724-4074</p>			

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)