

# November 2024 - Milnor

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.  
 Under 60 is a charge of \$9.00 per meal.  
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll
<b>4</b> <b>CLOSED</b>	<b>5</b> Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Fruit Cocktail Bread x2	<b>6</b> Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	<b>7</b> Beef Stew Seasoned Peas House Salad Pears WG Biscuit	<b>8</b> Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2
<b>11</b> <b>CLOSED</b>	<b>12</b> Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	<b>13</b> Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets - 1 Cup Vegetable Potstickers Mandarin Orange	<b>14</b> Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	<b>15</b> Mushroom Swiss Burger / Bun Tuscan Potato Salad Baked Beans Tangerine
<b>18</b> <b>CLOSED</b>	<b>19</b> Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce Bread x2	<b>20</b> Spagetti & Meat Sauce Bruseel Sprouts - 1 Cup Parmesan Cheese Apple Garlic Bread	<b>20</b> <b>THANKSGIVING DINNER</b> <b>21</b> Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	<b>22</b> Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2
<b>25</b> Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce	<b>26</b> Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	<b>27</b> Manhattan Meatballs Brown Rice House Salad Carrots	<b>28</b> <b>CLOSED</b>	<b>29</b> <b>CLOSED</b>

# November 2024 - Rutland

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.  
 Under 60 is a charge of \$9.00 per meal.  
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				<b>CLOSED</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2	Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Fruit Cocktail Bread x2	Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	Beef Stew Seasoned Peas House Salad Pears WG Biscuit	<b>CLOSED</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>CLOSED</b>	Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets - 1 Cup Vegetable Potstickers Mandarin Orange	Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
<b>18</b>	<b>19</b>	<b>20</b>	<b>THANKSGIVING DINNER 21</b>	<b>22</b>
Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce Bread x2	Spagetti & Meat Sauce Bruseel Sprouts - 1 Cup Parmesan Cheese Apple Garlic Bread	Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	<b>CLOSED</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce	Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	Manhattan Meatballs Brown Rice House Salad Carrots	<b>CLOSED</b>	<b>CLOSED</b>

# November 2024 - Cogswell and Forman

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.  
 Under 60 is a charge of \$9.00 per meal.  
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  <b>CLOSED</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>  <b>CLOSED</b>
Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x2	Caprese Chicken Lemon Dill Orzo Green & Gold Beans - 1 Cup Fruit Cocktail Bread x2	Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	Beef Stew Seasoned Peas House Salad Pears WG Biscuit	
<b>11</b>  <b>CLOSED</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets - 1 Cup Vegetable Potstickers Mandarin Orange	Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Blueberries
<b>18</b>	<b>19</b>	<b>20</b>	<b>THANKSGIVING DINNER 21</b>	<b>22</b>
Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	Beef Tips & Mushroom in Gravy Onion Mashed Potato Corn Strawberry Applesauce Bread x2	Spagetti & Meat Sauce Bruseel Sprouts - 1 Cup Parmesan Cheese Apple Garlic Bread	Roast Turkey / Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	<b>CLOSED</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce	Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp	Manhattan Meatballs Brown Rice House Salad Carrots	<b>CLOSED</b>	<b>CLOSED</b>