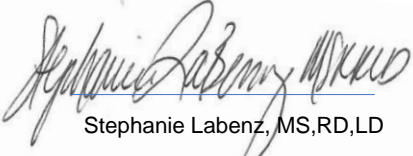


November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Indianola	All menu items are subject to change	BBQ Sandwich	Baked Fish	Chicken & Wild Rice Soup
515-961-1155		Sweet Potato Fries	Zucchini & Tomatoes	Crackers
Carlisle		Baked Beans	Whole Wheat Roll	Fruit Salad
515-989-4367		Plums	Fruit	Cookie
			Dessert	
6	7	8	9	10
Chicken Pot Pie	COOK'S CHOICE	TaterTot Casserole	Salisbury Steak	CLOSED in observance of Veteran's Day
Fruit		Garlic Bread	Mashed Potatoes & Gravy	
Fruit Crisp		Fruit	Asparagus	
			Mandarin Oranges	
			Brownie	
13	14	15	16	17
Aloha Chicken	Biscuits & Gravy	COOK'S CHOICE	Thanksgiving Celebration Dinner	Tortellin Soup
Rice Pilaf	Scrambles Eggs			Crackers
Cascade Vegetables	Fruit			Fruit Salad
Fruit	Yogurt			Jello
20	21	22	23	24
Chicken Parmesan over/Spaghetti Noodles	Fish Nuggets	Chef Salad	Thanksgiving  CLOSED	CLOSED
Spinach	Fries	Club Crackers		
Garlic Breadstick	Peaches	Fruit		
Apricots	Dessert	Dessert		
27	28	29	30	If School is closed for weather, no meals will be delivered
Baked Fish	Meatloaf	Vegetable Beef Soup	Scalloped Potatoes & Ham	
Baby Red Potatoes	Mashed Potatoes	Corn Bread	Vegetables	
Corn	Carrots	Fruit	Grapes	
Dinner Roll	Orange	Pudding	Dinner Roll	
Fruit				

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


Stephanie Labenz, MS,RD,LD