

# November, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>You've heard "an apple a day will keep the doctor away." That is a step in the right direction because apples are low incalories, easy to carry for snacking and not very expensive. Apples are a source of both soluble and insoluble fiber. The soluble fiber helps prevent cholesterol buildup and helps to reduce the incidence of heart disease. The insoluble fiber helps provide bulk in the diet and prevent constipation.</p>			<p><b>1</b></p> <p><b>Baked Fish</b> Parslied Potato Green Beans Whole Wheat Bread Fruited Gelatin w/ Topping*</p>	<p><b>2</b></p> <p><b>Beef Stew</b> Spinach Sliced Beets Potato Bread Applesauce</p>
<p><b>5</b></p> <p><b>Barbecue Beef</b> Rice Medley Succotash Multi grain Bread Pineapple</p>	<p><b>6</b></p> <p><b>Roast Pork, Gravy</b> Sweet Potato Braised Cabbage Biscuit Peaches</p>	<p><b>7</b></p> <p><b>Macaroni &amp; Cheese</b> Stewed Tomatoes Mixed Greens Wheat Dinner Roll Pudding w/Topping*</p>	<p><b>8</b></p> <p>Tomato Rice Soup <b>Egg Salad</b> Broccoli Hamburger Roll Apple Crisp*</p>	<p><b>9</b></p> <p><b>Barbecue Chicken</b> Baked Beans Cole Slaw 100% Whole Wheat Bread Pears</p>
<p><b>12</b></p> <p><b>VETERANS' DAY</b></p>	<p><b>13</b></p> <p><b>Oriental Chicken</b> Steamed Brown Rice Chinese Mixed Vegetables Rye Bread Pineapple Fortune Cookie</p>	<p><b>14</b></p> <p><b>Swedish Meatballs w/</b> Mushrooms Buttered Noodles Broccoli Oatmeal Bread Applesauce</p>	<p><b>15</b></p> <p><b>Thanksgiving Dinner</b> <b>Roast Turkey w/ Gravy</b> Mashed Potatoes Butternut Squash Dinner Roll Pumpkin Pie w/ Topping*</p>	<p><b>16</b></p> <p><b>Hot Dog**</b> Vegetarian Baked Beans Sauerkraut Hot Dog Roll Fresh Fruit</p>
<p><b>19</b></p> <p><b>Veal Parmesan</b> Ziti w/ Sauce Mixed Italian Vegetables Steak Roll Pineapple</p>	<p><b>20</b></p> <p><b>Chicken Divan</b> Rice Pilaf Spinach Whole Wheat Bread Applesauce Cookie*</p>	<p><b>21</b></p> <p><b>Salmon Boat w/</b> Newberg sauce Roasted Red Potatoes Carrots Multi Grain Bread Pudding w/Topping*</p>	<p><b>22</b></p> <p><b>THANKSGIVING</b></p>	<p><b>23</b></p> <p><b>Hawaiian Ham**</b> Sweet Potato Brussels Sprouts Rye Bread Fresh Fruit</p>
<p><b>26</b></p> <p><b>Goulash</b> Mixed Greens Peas w/ mushrooms Italian Bread Mixed Fruit</p>	<p><b>27</b></p> <p><b>Pork Roast w/ Gravy</b> Mashed Potatoes Butternut Squash Dinner Roll Peaches</p>	<p><b>28</b></p> <p><b>Liver &amp; Onions</b> Roasted Potatoes Corm w/Pimento Sourdough Bread Pudding w/ Topping*</p>	<p><b>29</b></p> <p><b>Pepper Steak</b> Fettuccini Noodles Winter Blend 100% Whole Wheat Bread Pineapple</p>	<p><b>30</b></p> <p>Corn Chowder <b>Baked Chicken</b> Broccoli Multi grain Bread Gelatin w/ fruit &amp; Topping*</p>

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

**SUGGESTED VOLUNTARY DONATION**

**\$2.00 PER MEAL to help defray costs**

All contributions are returned to the community toward the cost of nutrition programs and services.