

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOVEMBER 3 (MON):
TODAY'S LUNCH IS BAKED BREADED LAMB CHOPS, SERVED WITH WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, SAUTEED ASPARAGUS, SPINACH, APPLE, AND RED ONION SALAD. A CRISP APPLE IS INCLUDED FOR DESSERT.

NOVEMBER 4 (TUE):
LUNCH FEATURES A CARIBBEAN CURRY WITH CHICKPEAS AND SPINACH, SERVED WITH BROWN RICE, WHOLE WHEAT BREAD, AND WINTER BLEND VEGETABLES. A FRESH BANANA COMPLETES THE MEAL.

NOVEMBER 5 (WED): THE MEAL IS A BEEF HAMBURGER ON A WHOLE WHEAT HAMBURGER BUN. SIDES ARE BAKED FRIES AND KALE WITH TOMATO, SERVED WITH A FRESH PEACH.

NOVEMBER 6 (THU):
TODAY'S LUNCH IS BAKED CHICKEN QUARTERS, SERVED WITH ARROZ CON GANDULES (MEXICAN STYLE BROWN RICE WITH PIGEON PEAS), STEAMED RED OR GREEN CABBAGE IS THE SIDE, AND AN ORANGE IS INCLUDED FOR FRUIT.

NOVEMBER 7 (FRI):
LUNCH FEATURES BAKED SALMON AND BAKED ZITI WITH CHEESE, SERVED WITH ITALIAN CUT GREEN BEANS AND WHOLE WHEAT BREAD. THE DESSERT IS FRESH CANTALOUPE.

NOVEMBER 10 (MON): THE MEAL IS A TURKEY BURGER WITH CHEESE ON A WHOLE WHEAT HAMBURGER BUN. SIDES INCLUDE BAKED RED POTATO WEDGES AND SLICED TOMATOES AND CUCUMBERS, SERVED WITH AN ORANGE

NOVEMBER 11 (TUE):
LUNCH IS CLASSIC LENTIL SOUP, SERVED WITH CLASSIC GARLIC BREAD AND CALIFORNIA BLEND VEGETABLES. A CRISP APPLE COMPLETES THE MEAL.

NOVEMBER 12 (WED):
TODAY'S LUNCH IS PERNIL (ROASTED PORK SHOULDER), SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, COOKED CABBAGE, AND GARLIC MASHED POTATOES. FRESH CANTALOUPE IS INCLUDED FOR DESSERT

NOVEMBER 13 (THU): THE ENTRÉE IS CARIBBEAN STYLE BBQ CHICKEN, ACCOMPANIED BY WHOLE WHEAT BREAD, BAKED SWEET POTATO, AND BOILED SOUTHERN GREENS. AN ORANGE IS PROVIDED FOR FRUIT.

NOVEMBER 14 (FRI):
LUNCH FEATURES FISH WITH CREOLE SAUCE, SERVED WITH YELLOW RICE, WHOLE WHEAT BREAD, AND A TOSSED SALAD WITH DRESSING. A FRESH PEAR COMPLETES THE MEAL.

NOVEMBER 17 (MON):
TODAY'S LUNCH IS TURKEY MEATLOAF WITH MUSHROOM GRAVY, SERVED WITH PASTA, WHOLE WHEAT BREAD, AND STEAMED CARROTS. A FRESH BANANA IS INCLUDED.

NOVEMBER 18 (TUE): THE MEAL IS HOMESTYLE VEGAN WHOLE GRAIN MAC AND CHEESE WITH WHOLE WHEAT BREAD. THE SIDE IS A BABY SPINACH SALAD WITH LEMON VINAIGRETTE, AND WATERMELON IS PROVIDED FOR FRUIT.

NOVEMBER 19 (WED): A WARM MEAL OF BEEF STEW IS SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND BALSAMIC ROASTED BRUSSELS SPROUTS. THE FRUIT COMPONENT IS CANNED PINEAPPLE.

NOVEMBER 20 (THU):
LUNCH FEATURES CURRIED CHICKEN LEGS WITH WHOLE WHEAT BREAD. SIDES ARE GARLIC MASHED POTATOES AND STEAMED CABBAGE, FOLLOWED BY AN ORANGE.

NOVEMBER 21 (FRI):
THE ENTRÉE IS FISH WITH CREOLE SAUCE WITH A WHOLE WHEAT DINNER ROLL. SIDES ARE A BAKED POTATO AND ITALIAN BLEND VEGETABLES, SERVED WITH FRESH CANTALOUPE.

NOVEMBER 24 (MON):
TODAY'S LUNCH IS BAKED TURKEY WINGS WITH A WHOLE WHEAT DINNER ROLL. SIDES ARE KALE WITH TOMATO AND SWEET BAKED YAMS, SERVED WITH A CRISP APPLE

NOVEMBER 25 (TUE): THE VEGAN MEAL IS DOMINICAN VEGAN SANCOCHO (ROOT VEGETABLE STEW), SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND A TOSSED SALAD. AN ORANGE IS INCLUDED FOR FRUIT

NOVEMBER 26 (WED):
LUNCH IS CARIBBEAN STYLE BBQ CHICKEN WITH WHOLE WHEAT BREAD. THE SIDE IS A BABY SPINACH SALAD WITH LEMON VINAIGRETTE, FOLLOWED BY FRESH CANTALOUPE.


NOVEMBER 27 (THU): A SPECIAL MEAL OF BRAISED BEEF SHORT RIBS IS SERVED WITH WHOLE WHEAT BREAD, YELLOW RICE, STEAMED COLLARD GREENS, AND GARLIC MASHED POTATOES. THE MEAL INCLUDES A FRESH FRUIT SALAD.

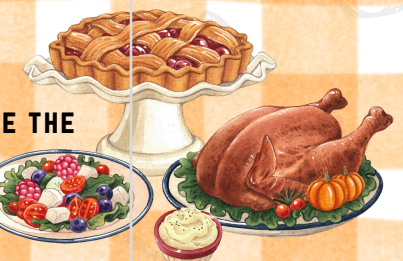
NOVEMBER 28 (FRI): LUNCH FEATURES BAKED MARINATED FISH WITH WHOLE WHEAT BREAD. SIDES ARE WINTER BLEND VEGETABLES AND YUCA WITH ONIONS, WITH A BANANA AND FRUITED JELLO FOR DESSERT.

**SUGGESTED MEAL CONTRIBUTIONS ARE USED TO HELP
SUPPLEMENT THE PROGRAM DEVELOPMENT.**

**SUGGESTED DONATIONS/CONTRIBUTION ARE USED TO ENHANCE THE
PROGRAM:**

- PERFORMANCES
- DJ'S/MUSICIANS • PARTIES/PARTY SUPPLIES
- GIFTS • TRIPS • DECORATIONS

**GLENMORE APPRECIATES ANY, AND ALL CONTRIBUTIONS GIVEN BY THE
MEMBERSHIP. HAVE A GREAT DAY!**



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