

# Lunch

## Age Well Nutrition Program • NOVEMBER 2022 Menu

ENTER NAME EX – MOW vs. HDM vs. Daily Lunch Program

SERVICE DATES EX: Monday – Friday • 11:30 AM – 12:30 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>BLACK BEAN &amp; BEEF TACO SALAD</b> Black Bean and Beef Taco Salad – Romaine Lettuce, Tomato, Cabbage, Cheese, Chipotle Dressing Corn Tortilla Orange Brownie Milk <b>1</b>	<b>NICOISE SALAD</b> Nicoise Salad – Romaine Lettuce, tuna, tomato, peas, beans Wheat Roll Orange Cookie Milk <b>2</b>	<b>GREEN CURRY CHICKEN</b> Green Curry Chicken Rice Spinach & Beet Salad Tropical Fruit Dessert Milk <b>3</b>	<b>CHICKEN ENCHILADAS BAKED</b> Chicken Enchiladas Baked Carrots Orange Cake Milk <b>4</b>
<b>SALMON TUSCANA PASTA</b> Salmon Tuscana Pasta Herb Roasted Carrots Orange Cookie Milk <b>7</b>	<b>CHICKEN TARRAGON SANDWICH</b> Chicken Tarragon w/ Croissant Rainbow Salad – grape, tomatoes, feta, cranberry vinaigrette. Orange Brownie Milk <b>8</b>	<b>CAESAR CHICKEN SANDWICH</b> Caesar Chicken Sandwich w/whole wheat bread Tomato Basil Soup Orange Juice Cake Milk <b>9</b>	<b>VETERANS DAY!!</b> Pulled Pork Slider Coleslaw Orange Juice Cookie Milk <b>10</b>	<b>VETERANS DAY!                      AGE WELL CLOSED</b> <b>11</b>
<b>CHICKEN MARSALA</b> Chicken Marsala w/creamy mushrooms Mashed Potatoes Spinach Beet Salad Orange Juice Cookie Milk <b>14</b>	<b>CHIPOTLE CHICKEN SANDWICH</b> Chipotle Chicken Sandwich w/ Rye Bread Garden Salad Orange Cake Milk <b>15</b>	<b>SPAGHETTI &amp; MEATBALLS</b> Spaghetti & Meatballs Roasted Broccoli Orange Cookie Milk <b>16</b>	<b>HONEY GLAZED HAM</b> Honey Glazed Ham Candy Roasted Yams Hawaiian Rolls Orange Cookie Milk <b>17</b>	<b>BIRTHDAY BASH!!!</b> Lemon Caper Chicken Garden Salad – spinach & veggies Orange Cake Milk <b>18</b>
<b>THAI BASIL CHICKEN</b> Thai Basil Chicken Rice Sautéed Cabbage Orange Cookie Milk <b>21</b>	<b>MEXICAN BEEF LASAGNA</b> Mexican Beef Lasagna Corn & Black Bean Salad Orange Juice Cake Milk <b>22</b>	<b>THANKSGIVING!!!</b> Roasted Turkey & Brown Gravy Mashed Potatoes Cornbread Stuffing Pumpkin Pie Orange Juice Milk <b>23</b>	<b>HAPPY THANKSGIVING                      AGE WELL CLOSED!</b> <b>24</b>	<b>HAPPY THANKSGIVING                      AGE WELL CLOSED!</b> <b>25</b>
<b>CHICKEN CACCIATORE</b> Chicken Cacciatore Mashed Potatoes Hawaiian Roll Orange Brownie Milk <b>28</b>	<b>MEATBALL STROGANOFF</b> Meatball Stroganoff w/Pasta Honey Glazed Carrots Orange Cookie Milk <b>29</b>	<b>SALMON W/PANANG CURRY</b> Salmon w/Panang Curry Rice Carrots & Squash Orange Cake Milk <b>30</b>		