






Livingston County
Office for the Aging
Senior Nutrition Program
(585) 243-7520

NOVEMBER 2020

**REMINDER:
COOLERS MUST CONTAIN ICE
FOR MEAL TO BE LEFT.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/02—11/06	Meatball Sub Hot Dog Bun Italian Blend Vegetables Spinach Pumpkin Spice Cookie Margarine 1% Milk 2	Chicken Stir Fry Stir Fry Veggies Brown Rice Grape Juice Peaches Margarine 1% Milk 3	Taco Meat Spanish Beans Spanish Rice Shredded Lettuce Diced Tomatoes Chocolate Chip Cookie Margarine 1% Milk 4	Baked Fish w/ Crumb Top Spinach Lima Beans Wheat Bread Slice Fruited Yogurt Margarine 1% Milk 5	BBQ Pulled Pork Green Beans Sweet Mashed Potatoes Corn Muffin Pineapple Margarine 1% Milk 6
11/09—11/13	Stuffed Cabbage Corn Green Beans Wheat Bread Slice Fruited Yogurt Margarine 1% Milk 9	Apricot-Glazed Pork Brussels Sprouts Hubbard Squash Grape Juice Chocolate Chip Cookie Margarine 1% Milk 10	CLOSED FOR VETERANS' DAY  11	Chicken & Barley Stew Peas Carrots Wheat Roll Peaches Margarine 1% Milk 12	Italian Sausage w/ Peppers & Onions Hot Dog Bun Spinach Potatoes O'Brien Tapioca Pudding Margarine 1% Milk 13
11/16—11/20	Chili Lime Chicken Corn Spanish Rice Wheat Bread Slice Pears Margarine 1% Milk 16	Meatloaf w/ Gravy Capri Blend Vegetables Mashed Potatoes Wheat Bread Slice Mandarin Oranges Margarine 1% Milk 17	Roast Turkey over Stuffing w/ Gravy Roasted Brussels Sprouts Mashed Potatoes Dinner Roll Cranberry Juice Cranberry Sauce Pumpkin Pie w/ Topping Margarine 1% Milk 18	Ham & Macaroni Au Gratin Peas Green Beans Wheat Bread Slice Rice Krispy Treat Margarine 1% Milk 19	Sloppy Joe Burger Bun Carrots Spinach Rice Pudding Margarine 1% Milk 20
11/23—11/27	Chicken Marsala Rice Pilaf Broccoli Orange Juice Chocolate Pudding Margarine 1% Milk 23	Beef Pot Roast w/ Gravy Peas Mashed Potatoes Wheat Roll Peaches Margarine 1% Milk 24	Cuban Pork [<i>citrus-based marinated shredded pork</i>] Capri Blend Vegetables Spanish Rice Wheat Bread Slice Apple Sauce Margarine 1% Milk 25	HAPPY THANKSGIVING!  26	Lasagna w/ Marinara Italian Blend Vegetables Beets Wheat Roll Fruit Bar Margarine 1% Milk 27
11/30	Goulash Carrots Wax Beans Wheat Bread Slice Lorna Doones Margarine 1% Milk 30	 <p>Thanksgiving</p>			