


Senior Dining Menu For November 2009

IF YOU ARE 60 OR BETTER, THIS PROGRAM IS FOR YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Salisbury Steak/Gravy Mashed Potatoes Stewed Tomatoes WW Bread/Margarine Fresh Fruit	Hot Beef Sandwich Potato Wedges Broccoli w/Cheese Bun *Cheese Cake	Pork Chop Suey Rice Oriental Blend Vegetables 7 Grain Bread/Margarine *Jello	BBQ Chicken Au Gratin Potatoes Green Beans Whole Grain Bread/Marg. *Chocolate Chip Cookie	Chili Warm Scalloped Apples Corn Muffin/Margarine *Ice Cream
9	10	11	12	13
Fish Nuggets Macaroni & Cheese Coleslaw 9 Grain Bread/Marg. Grapes	Beef Stew W/ Carrots/Peas & Potatoes Biscuit/Margarine *Cherry Bar Ala Mode	Fruited Chicken Salad Potato Salad Cherry Tomatoes Dinner Roll/Margarine *Pudding	Cheeseburger Baked Beans Sliced Pickles Bun Fresh Fruit	Ham w/pineapple sauce Sweet Potato Wisconsin Blend Vegetables Honey Wheat Bread/Marg. *Lazy Daisy Cake
16	17	18	19	20
Pepper Steak Mashed Potatoes Red Cabbage Blueberry Muffin/Marg. Fresh Fruit	Lasagna Roll Up Italian Green Beans Tossed Salad Italian Bread *Lemon Glazed Cake	Chicken Dumpling Soup Peas Egg Salad Dinner Roll *Citrus Fluff	Sloppy Joe German Potato Salad Corn WW Bun Sliced Peaches	Turkey Breast/Gravy Stuffing/Cranberry Sauce Edward Blend Vegetables Dinner Roll/Margarine *Pumpkin Pie
23	24	25	26	27
Swedish Meatballs Mashed Potatoes Beets 12 Grain Bread/Marg. *Sugar Cookie	Chicken Ala Orange Harvest Rice Pacific Blend Vegetables Assorted Roll/Margarine Fresh Fruit	Bratwurst Baked Potato French Style Green Beans Bun *Chocolate Cake	 <p style="text-align: center;"><i>Happy Thanksgiving!</i></p> <p style="text-align: center;">Closed</p>	Closed
30				
Crabby Patty w/Dill Sauce Parsley Potatoes Chefcut Blend Vegetables Marble Rye Bread/Marg. *Sherbert				

All canned fruits and applesauce are served in juice with no added sugars.

****SPECIAL DIETS MAY ALTER THIS MENU AS PRINTED****

THIS MENU IS SUBJECT TO CHANGE

Deadline for Reservations: 3:00 p.m. of the preceding day. Anyone 60 years of age and spouse of any age are invited to participate. Co-sponsored by Lincoln Lutheran of Racine, Inc. and Racine County Human Services Department.

CITY SITES
634-2334

ANSWERING MACHINE
637-0727

COUNTY SITES (TOLL FREE)
1-877-637-0327