


November 2023 Menu

Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad).

Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal.

Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors, and has been approved by a registered dietitian.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Birthdays</i>			<i>Bingo @ 1:15</i> 1	2	3	<i>Information</i> 4
Mike Chihuly 11/2 Nancy Jo Pennington 11/3 Jack Rathert 11/4			<u>Shepherd's Pie</u> Vegetable	<u>Fiesta Chicken Burrito</u> Refried Beans Rice	<u>Ham & Swiss on Bun</u> Potato Salad Fluff Salad	<i>Soup served daily with pick up meals</i>
5	6	7	<i>Bingo @ 1:15</i> 8	9	10	11
Dan Miller 11/6 Bill Walsh 11/7 Heather James 11/9 John Bithos 11/11 Torvald Hansen 11/11	<u>Cranberry Pork Loin</u> Dressing Vegetable	<u>Spaghetti Bake</u> Vegetable Garlic Bread	<u>Sweet & Sour Meatballs</u> Rice Vegetable Eggrolls	<u>Crispy Chicken</u> Potato Casserole Vegetable Veterans Eat Free	Closed for Veteran's Day	<i>Suggested Donation</i> \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
12	13	14	<i>Bingo @ 1:15</i> 15	16	17	18
Harriet Covey 11/13 Glen Thomas 11/14 Judy Johnson 11/14	<u>Monterey Chicken Breasts</u> Rice Vegetable	<u>Halibut Olympia</u> Scalloped Potatoes Vegetable	<u>Cheese Enchiladas</u> Refried Beans Rice	<u>Meatballs in Country Gravy</u> Noodles Vegetable	<u>Breakfast Frittata</u> Link Sausage Cubed Potatoes Blueberry Bread Pudding	
19	20	21	<i>Board Mtg.</i> 22 <i>Bingo @ 1:15</i>	23	24	25
Molly Powell 11/19 Faye Woodhead 11/20 Russ Overfield 11/22 Tina Little 11/22 Delores Lindeman 11/25 Jody Michaeli 11/25	<u>Smoked Sausages</u> Sauerkraut Vegetable	<u>Turkey Tuesday</u> Gobble-Gobble	<u>Lil' Cheddar Meatloaf</u> Mashed Potatoes Vegetable	Closed for Thanksgiving Day	Center Closed	<i>Salad Bar and Soup Served Daily with congregate meals</i>
26	27	28	<i>Bingo @ 1:15</i> 29	30	<i>December 1</i>	
Kathy Carlisle 11/26 Heidi Hunsperger 11/27 Myrtle May Erickson 11/27 Carol Lane-Johnson 11/28	<u>Chicken Cordon Bleu Casserole</u> Vegetable Garlic Bread	<u>Salisbury Steak</u> Mashed Potatoes Vegetable	<u>BBO Boneless Pork Ribs</u> Bean Bake Coleslaw	<u>Spaghetti w/Marinara Sauce</u> Vegetable Garlic Bread	<u>Croissants w/ Cashew Chicken Salad</u> Pasta Toss Jell-O	