


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p align="center"><b>HAPPY THANKSGIVING! November 22</b></p>			<p><b>1</b> <b>Potato Crusted Pollock</b> Couscous Lentils with Carrots Summer Veggie</p> <p><b>Chicken Salad</b> WW Bread Coleslaw Tartar Sauce Mango Chunks Fresh Fruit/ Milk</p>	<p><b>2</b> <b>Pork Adobo</b> Brown Rice Green Peas Asian Veggie Blend</p> <p><b>Peanut Butter</b> Jelly (Ls/Db – diet jelly) WW Bread Lentil Carrot Salad Raisins Fresh Fruit Milk</p>	<p><b>3</b> <b>Baked Chicken/ Mediterranean Sce</b> Quinoa Spinach</p> <p><b>Cheddar Cheese</b> WW Bread/ Mayo Potato Salad Pineapple tidbits Fresh Fruit Milk</p>	<p><b>4</b> <b>Hawaiian Beef Meatballs</b> Brown Rice Broccoli Cauliflower</p> <p><b>Tuna Salad</b> WW Bread LS Veg. Juice Tropical Fruit Fresh Fruit Milk</p>
<p><b>5</b> <b>Egg Patty Veggie Sausage Patty</b> English Muffin Collard Greens</p> <p>Pl. Greek Yogurt Yogurt Muffin Margarine Baby Carrots Fruit Juice Fresh Fruit/ Milk</p>	<p><b>6</b> <b>Spaghetti with Meat Sauce</b> Diced Carrots Capri Veg. Blend</p> <p><b>Peanut Butter</b> Jelly Ls/Db Diet Jelly WW Bread Cucumber Salad Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>7</b> <b>Chicken/ Fish Paella</b> Tuscan Blend</p> <p><b>Cottage Cheese</b> Cream Cheese Bagel</p> <p>Tropical Fruit Fresh Fruit Milk</p>	<p><b>8</b> <b>Baked Chicken</b> Breast/Jerk Sauce Cheesy Rice Mixed Vegetables</p> <p><b>Tuna Salad</b> WW Bread Potato Salad Gelatin <u>Ls/Db Diet Gelatin</u> Raisins Fresh Fruit Milk</p>	<p><b>9</b> <b>Beef Burgundy</b> Cubed Potatoes Green Beans</p> <p><b>Egg Salad</b> WW Bread Edamame &amp; Corn Salad</p> <p>Fresh Fruit Tropical Fruit Milk</p>	<p><b>10</b> <b>Baked Chicken</b> Breast/Garlic Herb Sweet Potatoes Green Peas</p> <p><b>Swiss Cheese</b> WW Bread Mayo Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p><b>11</b> <b>LS Turkey Breast/ Poultry Gravy</b> Yukon Potatoes Garden Veggie Blend</p> <p><b>Chicken Salad</b> WW Bread Mayo Corn Lentil Salad Fruit Juice Fresh Fruit Milk</p>
<p><b>12</b> <b>Cheese Enchiladas/ Ranchero Sauce</b> Italian Veg. Blend</p>	<p><b>13</b> <b>Bourbon BBQ Beef</b> Sweet Potatoes Green Beans</p>	<p><b>14</b> <b>Flounder/Lemon Caper Sauce</b> Couscous Green Peas Country Veg. Blend</p>	<p><b>15</b> <b>Turkey Meatball/ Ginger/PA Sauce</b> Brown Rice Spinach</p>	<p><b>16</b> <b>Tandoori Chicken</b> Curried Lentils Ca. Veggie Blend</p>	<p><b>17</b> <b>Pork Chili Verde</b> Diced Carrots Garden Veg. Blend</p>	<p><b>18</b> <b>Thai Chicken Curry</b> Jasmine Rice Broccoli Cauliflower</p>

**November 2018  
Hot/ Chilled Meal Plan**

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<p><b>12 Monday</b> <b>Plain Greek Yogurt</b> Plain Oatmeal Muffin Margarine Raisins Fresh Fruit Milk</p>	<p><b>13 Tuesday</b> <b>Cheddar Cheese</b> WW Bread Mayo Tossed Salad/ Drsg Fresh Fruit Mango Chunks Pudding <u>Db/Ls- diet pudding</u> Milk</p>	<p><b>14 Wednesday</b> <b>Hard Ckd. Eggs</b> Bagel Cream Cheese Muffin Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p><b>15 Thursday</b> <b>Cranberry Chicken Salad</b> WW Bread Ca. Veg. Salad Tropical Fruit Fresh Fruit Milk</p>	<p><b>16 Friday</b> <b>Peanut Butter</b> Jelly WW Bread Carrot Raisin Salad Fresh Fruit Fruit Juice Milk</p>	<p><b>17 Saturday</b> <b>Tuna Salad</b> WW Bread Corn O'Brien Salad Fruit Cocktail Fresh Fruit Milk</p>	<p><b>18 Sunday</b> <b>Egg Salad</b> WW Bread Potato Salad Pineapple Tidbits Fresh Fruit Milk</p>
<p><b>19</b> <b>Vegetable Frittata</b> Lentils Provencal Capri Veg. Blend</p> <p><b>PI. Greek Yogurt</b> Oatmeal Muffin Margarine 5 Bean Salad Gelatin <u>(Db/Ls – diet gel.)</u> Fresh Fruit/ Prunes/ Milk</p>	<p><b>20</b> <b>Chicken A La King</b> Egg Noodles Corn/Bell Pepper Broccoli</p> <p><b>Swiss Cheese</b> WW Bread Mayo Lentil Carrot Salad Fruit Juice Fresh Fruit Milk</p>	<p><b>21</b> <b>Guatemalan Beef Stew</b> Brown Rice Ca. Veggie Blend</p> <p><b>Peanut Butter</b> Jelly (Db/Ls-diet) WW Bread Tossed Salad/ Dressing Tropical Fruit Fresh Fruit Milk</p>	<p><b>22 THANKSGIVING</b> <b>Roast Turkey</b> Cornbread Stuffing Peas/Pearl Onions Carrots</p> <p><b>Sliced Ham</b> Dinner Roll Potato Salad Fresh Fruit Fruit Juice Cranberry Jelly Pumpkin Tart Milk</p>	<p><b>23</b> <b>Salmon Patty/Dill Sauce</b> Sweet Potatoes Mixed Veggies</p> <p><b>Cheddar Cheese</b> WW Bread Chickpea Salad Apple Sauce Fresh Fruit Milk</p>	<p><b>24</b> <b>Diced Pork/Cherry Sauce</b> Yukon Potatoes Green Peas</p> <p><b>Hummus</b> Soft Pretzel Diced Carrot Salad Raisins Fresh Fruit Milk</p>	<p><b>25</b> <b>Beef Stroganoff</b> Egg Noodles Green Beans Cauliflower</p> <p><b>Hard Ckd Eggs</b> Bagel Cream Cheese Potato Salad Fruit Juice Fresh Fruit Milk</p>
<p><b>26</b> <b>Cuban Veggie Patty</b> Plantain Broccoli</p> <p><b>PI. Greek Yogurt</b> Oatmeal Muffin Margarine Spinach Salad/ Ranch Dressing Tropical Fruit</p>	<p><b>27</b> <b>Diced Chicken/ Pesto Sauce</b> Fettuccini Green Peas Tuscan Veggies</p> <p><b>Peanut Butter</b> Jelly WW Bread Butter Raisins Fresh Fruit Milk</p>	<p><b>28</b> <b>Stuffed Salmon/</b> Garlic Herb Sauce Butternut Squash Edamame</p> <p><b>Hard Cooked Eggs</b> WW Bread Tossed Salad/Drsg. Pineapple Tidbits Fresh Fruit Milk</p>	<p><b>29</b> <b>BBQ Pork Rib Patty</b> Sweet Potatoes Swiss Chard</p> <p><b>Tuna Salad</b> WW Bread Coleslaw Salad Pudding <u>(LS/DB: Diet Pud.)</u> Fruit Juice Fresh Fruit/ Milk</p>	<p><b>30</b> <b>Salisbury Steak</b> Brown Gravy Whipped Potatoes Collard Greens Capri Veg. Blend</p> <p><b>Swiss Cheese</b> WW Bread Mayo Fresh Fruit Apple Sauce/ Milk</p>	<p><b>Dec. 1</b> <b>Baked Cod Loin/</b> Vera Cruz Sauce Herbed Rice Spinach Ca. Veggie Blend</p> <p><b>Chicken Salad</b> WW Bread Mayo Carrot Raisin Salad Prunes Fresh Fruit./ Milk</p>	<p><b>Dec. 2</b> <b>Chicken Enchiladas</b> Ranch Beans Summer Veggie Blend</p> <p><b>Egg Salad</b> WW Bread Edamame Carrot Salad Fruit Juice Fresh Fruit Milk</p>

MOW would like to thank the Office On the Aging of the City and County of San Francisco for their generous support of our program.

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