SUNDAY 11/12
⼥ Chicken Orzo Soup
Pizza, Grab ‘n Go Sandwiches & Salads
Chef’s Specials

MONDAY 11/13
♀ CVMC Vegetable Soup
P- Stuffed Chicken Breast with Gravy
♀ Teriyaki Salmon Fillet
 Rice Pilaf
♀ Sautéed Zucchini
♀ Roasted Acorn Squash
♀ Fresh Fruit of the Day: Pineapple

TUESDAY 11/14
♀ Tuscan White Bean and Turkey Soup
P- Homemade Meat Lasagna w/ Marinara Sauce / Garlic Toast
♀ Ground Turkey Meatloaf / Gravy
♀ Baked Sweet Potato
♀ Cauliflower
♀ Spinach w/ Roasted Garlic
♀ Fresh Fruit of the Day: Banana

WEDNESDAY 11/15
♀ Pumpkin Bisque Soup
P- Home-style Pot Roast / Beef Gravy
P- Grilled Chicken Caesar Salad Plate
♀ Steamed Red Bliss Potatoes
♀ Summer Squash
♀ Wilted Kale
♀ Fresh Fruit of the Day: Pear

THURSDAY 11/16
♀ Asian Mushroom Soup
P- Chicken Stir Fry
♀ Vegetable Lo Mein
♀ Yellow Rice
♀ Broccoli Florets
♀ Sliced Carrots
♀ Fresh Fruit of the Day: Red Grapes

FRIDAY 11/17
Creamy Fish Chowder
P- Ground Beef Shepard’s Pie / Beef Gravy
P- Fish Fry with Scallops, Clams and Shrimp
♀ Homemade Potato Wedges
♀ Green Beans
♀ Sliced Red Beets
♀ Fresh Fruit of the Day: Mixed Fresh Fruit Bowl

SATURDAY 11/18
Beef Barley Soup
Pizza, Grab ‘n Go Sandwiches & Salads
Chef’s Specials