

WOCOA Nov Menu 2016

	1-Nov	2-Nov	3-Nov	4-Nov
	Chicken, Rice & Broccoli Casserole Corn Lima Beans Garden Salad with Dressing Spiced Peaches Margarine Milk	Hamburger Baked Beans Fruit Cobbler WW Bun Lettuce, Tomatoes & onion Ketchup, Mustard & Mayo Milk	Salisbury Steak with Onion Gravy Sweet Potato Green Beans Pudding WW Roll Margarine Milk	Oven Fried Chicken Carrots Mixed Greens Cornbread Fresh Fruit Margarine Milk
7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
Sweet & Sour Chicken Breast Mimi Egg Roll Asian Mixed Vegetables Fortune Cookie Milk	Beef sausage Onion & Peppers Rice & Peas Steamed Cabbage WW Hot Dog Bun Jell-O with Fruit Margarine Milk	Garden Salad with Chicken Strips Broccoli Salad Beet Salad WW Crackers Dressing Canned Peaches Milk	Beef Pot Roast Au Jus Mashed Potatoes Vegetable Blend WW Roll Margarine Cookie Milk	CLOSED FOR VETERAN'S DAY
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
Sweet & Savory Meat Loaf Oven Roasted Potatoes Black Eye Peas Cheddar Biscuit Margarine Sugar Free Chocolate Mousse Milk	Chicken Curry Peas & Rice Green Beans WW Roll Margarine Spiced Peaches Milk	Garden Salad with Chicken Strips Broccoli Salad Beet Salad WW Crackers Dressing Canned Peaches Milk	THANKSGIVING MEAL	Blacken Fish with Lemon Slice Rice Pilaf Mustard Greens Cornbread Margarine Birthday Cake Milk
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
Turkey Chili with Beans Corn Tomato & Onion Salad Wild Rice Spice Apples Milk	Bourbon Glazed Chicken Lima Beans Broccoli with Cheese Sauce WW Roll Pineapple Chunks Milk	Hamburger Steak with Gravy Field Peas w/Snaps Cauliflower WW Roll margarine Oatmeal Raisin Cookie Milk	CLOSED FOR THANKSGIVING	
28-Nov	29-Nov	30-Nov		
Shepherd's Pie-peas, onions, carrots & mashed potatoes Broccoli Stewed Spiced Apples WW Roll Margarine Milk	Chicken, Rice & Broccoli Casserole Corn Lima Beans Garden Salad with Dressing Spiced Peaches Margarine Milk	Hamburger Baked Beans Fruit Cobbler WW Bun Lettuce, Tomatoes & onion Ketchup, Mustard & Mayo Milk		