

WOCOA Menu For Nov 2017

1-Nov-17	2-Nov-17	3-Nov-17
Oven Baked Chicken with Mushroom Gravy	Hamburger on WW Bun	Chicken Pot Pie With Peas & Carrots
Black-eye Peas/Onion WW Roll	Baked Beans	Broccoli
Pineapple & Peaches	Fruit Cobbler	Toss Salad
Margarine	Lettuce, Tomato & Onion	Mandarin Oranges
Milk	Ketchup/Mustard/ Mayo	Salad Dressing
	Orange Juice	Milk

6-Nov-17	7-Nov-17	8-Nov-17	9-Nov-17	10-Nov-17
Hamburger Steak	Chicken & Dumplings	Roast Beef	BBQ Pork Chop	CLOSED FOR VETERANS DAY
Turnip Greens	Peas & Carrots	Green Beans	WW Corn & Creamed Corn	
Okra & Tomatoes	Brussel Sprouts	Rice & Gravy	Broccoli Spears	
Cornbread	Fresh Fruit	Toss Salad with Dressing	WW Roll	
Fruited Yogurt Milk	Orange Juice	Jell-O with Fruit Milk	Strawberry Shortcake Juice	

13-Nov-17	14-Nov-17	15-Nov-17	16-Nov-17	17-Nov-17
BBQ Chicken	Hotdog	Sweet & Savory Meat Loaf	THANKSGIVING DINNER	Chicken Salad
Mashed Potatoes & Gravy	Tater Tots	Scalloped Potatoes		Vegetable Soup with Veggies
Zucchini & Squash w/Onions	Cole Slaw	Black-eyed Peas		WW Bun
Cornbread	WW Bun	WW Roll		Peanut Butter Cookie
Banana Pudding	Fruit Cobbler	Chocolate Mousse		Milk
Margarine	Ketchup/Mustard	Margarine		
Milk	Juice	Milk		

20-Nov-17	21-Nov-17	22-Nov-17	23-Nov-17	24-Nov-17
Pork Riblet	Chili with Beans	Spaghetti with Meat Sauce	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY
Lima Beans	Fiesta Corn	Field Peas w/Snaps		
Steamed Cabbage	Caesar Salad w/Dressing	Cauliflower & Broccoli		
Cornbread	WW Cracker	Sugar Cookie		
Fruit Parfait	Fruit Cobbler	Juice		
Margarine	Milk			
Milk				

27-Nov-17	28-Nov-17	29-Nov-17	30-Nov-17
BBQ Pork Chop	Fish with Lemon	Oven Baked Chicken with Mushroom Gravy	Hamburger on WW Bun
Pinto Beans	Rice Pilaf	Black-eye Peas/Onion	Baked Beans
Greens	Glazed Carrots	WW Roll	Fruit Cobbler
Cornbread	WW Roll	Pineapple & Peaches	Lettuce, Tomato & Onion
Oatmeal Raisin Cookie	Yogurt with Fruit	Margarine	Ketchup/Mustard/ Mayo
Orange Juice	Tartar Sauce	Milk	Orange Juice
	Milk		