

Friendly Fork, November 2018 Menus

1	Marinara Meat Sauce with Wheat Rotini, Broccoli Cuts, Pears, Wheat Roll, Butter, Milk 1%
2	Chicken Torta, Spanish Brown Rice, Refried Beans, Mango Crisp, Milk 1%
5	Austrian Style Pork and Cabbage, Tarragon Mashed Potatoes, Carrot-Apple-Celery Salad, Pumpkin Roll, Butter, Milk 1%
6	Beef and Bean Burrito, Tomato, Lettuce, Cheddar Cheese, Aztec Black Beans, Pineapple and Grapes, Butterscotch Pudding, Milk 1%
7	Ginger Pot Roast, Roasted Turnips and Parsnips, Peaches and Apricots, Raisin Bran Muffin, Butter, Milk 1%
8	Hamburger on Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Creamy Coleslaw, Whole Kiwi, Crunchy Fruit Nut Cup, Milk 1%
9	Baked Ziti, Italian Vegetables, Spinach-Strawberry-Poppy Seed Salad, Grapes, Milk 1%
12	Veteran's Day - No Meals
13	Country Fried Steak, Gravy, Mashed Red Potatoes, Gravy, Parslied Carrots, Wheat Roll, Butter, Banana, Milk 1%
14	Lemon Baked Cod, Lemon, Tartar Sauce, Roasted Red Potatoes, Brussels Sprouts, Malt Vinegar, Peaches, Dill Roll, Butter, Milk 1%
15	Beef Tips over Penne Pasta, Peas with Pearl Onions, Banana-Pineapple-Waldorf Salad, Wheat Roll, Butter, Milk 1%
16	Beef-Cabbage Casserole, Caesar Salad, Tropical Fruit Salad, Wheat Roll, Butter, Milk 1%

Friendly Fork, November 2018 Menus

19	Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Green Bean Amandine, Cranberry Relish, Wheat Roll, Butter, Pumpkin Bar, Milk 1%
20	Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Green Bean Amandine, Cranberry Relish, Wheat Roll, Butter, Pumpkin Bar, Milk 1%
21	Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Green Bean Amandine, Cranberry Relish, Wheat Roll, Butter, Pumpkin Bar, Milk 1%
22	Happy Thanksgiving No Meals
23	No Meals
26	Chicken Fajita, Seasoned Black Beans, Spanish Brown Rice, Pico De Gallo, Sour Cream, Buttered Apples, Milk 1%
27	Beef and Bean Chili, Wheat Crackers, Carrot-Raisin Salad, Cinnamon Roll, Butter, Pineapple and Grapes, Milk 1%
28	Roast Beef Sandwich on Wheat with Lettuce, Tomato, Mayonnaise, Mustard, Three Bean Salad, Carrots, Melon Salad, Milk 1%
29	Beef Stew, Roasted Red Potatoes, Orange-Banana-Pears, Pumpkin Wheat Roll, Butter, White Chocolate Macadamia Nut Cookie, Milk 1%
30	Rosemary Pork Loin, Gravy, Creamy Mushroom Rice Pilaf, Harvard Beets, Rye Roll, Butter, Peach Crisp, Milk 1%