

# Defiance County Senior Services

## November Menu 2018

For questions regarding your meals, please contact Ginny at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>We love to GOBBLE UP that food at the Senior Center!!</b></p>	<p>ncs = no concentrated sweets sf = sugar free To access ingredients please call Delinda at 419-783-4813</p>	<p>1 Chicken Salad Sandwich Tomato Soup Orange Apple Juice Cookie ncs = sf Cookie</p>	<p>2 Dinner Ham Alt = Chicken Mashed Potatoes Cinnamon Apples Green Beans Dinner Roll Birthday Cake ncs= Angel Food Cake</p>
<p>5 Cheeseburger Tater Tots Brussels Sprouts Pears</p>	<p>6 Chicken with Gravy Sweet Potatoes Broccoli Peaches Dinner Roll Cookie ncs = sf cookie</p>	<p>7 Sloppy Joe with Cheese Ranch Potatoes Harvard Beets Fruit Cocktail  (No Salad Bar Today)</p>	<p>8 Thanksgiving Dinner Turkey &amp; Dressing French Green Beans Mashed Potatoes Jellied Cranberries w/ Mandarin Oranges Dinner Roll Pumpkin Pie ncs = sf Pie</p>	<p>9 Ham &amp; Bean Soup Alt = Chicken &amp; Bean Soup Cole Slaw Crackers Apple Orange Juice Wheat Bread</p>
<p>12 <i>Defiance County Senior Services will be closed in observance of Veteran's Day</i></p> 	<p>13 BBQ Pork Sandwich Baked Beans Pickled Beets Grape Juice Sugar Cookie ncs = sf Cookie</p>	<p>14 Chicken Noodle Soup 3 Bean Salad Tropical Fruit Raisins Crackers Hawaiian Roll salad bar in café</p>	<p>15 Goulash Italian Blend Vegetables Mandarin Oranges Asparagus Bosco Stick</p>	<p>16 Beef &amp; Bean Burrito with Cheese and Enchilada Sauce Stewed Tomatoes Spanish Rice Fruit Cocktail Butterscotch Pudding ncs = sf pudding</p>
<p>19 Chicken Strips Diced Red Potatoes Asparagus Pineapple Tidbits Dinner Roll</p>	<p>20 Spinach Lasagna Lima Beans Apple Crisp Garlic Bread</p>	<p>21 Beef Vegetable Soup Waldorf Salad Carrot &amp; Celery Sticks with Peanut Butter Crackers salad in café</p>	<p><b>Senior Services will be closed November 22nd and 23rd for Thanksgiving</b></p>	
<p>26 Teriyaki Chicken Strips Stir Fry Vegetables Brown Rice Cabbage Mandarin Oranges Wheat Bread</p>	<p>27 Beef Manhattan Mashed Potatoes Peas &amp; Onions Pears Cookie ncs = sf Cookie</p>	<p>28 Chili &amp; Cheese Peaches Cornbread Sugar Free Jell-O with Pineapple salad bar in café</p>	<p>29 Chicken Paprika over Noodles Broccoli Tropical Fruit Salad Cauliflower Hawaiian Bread</p>	<p>30 Egg Salad Sandwich Carrot &amp; Raisin Salad Potato Salad Tangerine <b>We are closed Nov.30. This meal will be delivered on Nov 29th</b></p>