Antonian Nutrition Services - November 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf Mashed Potatoes w/ Gravy Peas & Carrots Mixed Fruit 2% Milk	**3** Rachel (Turkey w/ Swiss Cheese, Sauerkraut, & Russian Dressing on Marble Rye) Seasonal Soup w/ Crackers Fresh Cut Fruit	**4** Beef-aroni w/ Ground Beef, Carrots, Onions, Peppers, Mozzarella Cheese & Macaroni Pasta Broccoli Diced Pears	**5** Chicken Stir Fry w/ Ginger Teriyaki Sauce Stir Fry Vegetable Blend Brown Rice Mandarin Oranges 2% Milk	**6** Lemon Pepper Salmon Roasted Baby Bakers Green Beans Pineapple 2% Milk
9 Spaghetti & Meatballs Squash Fresh Cut Fruit 2% Milk	**10** Italian Seasoned Chicken Mashed Potatoes w/ Gravy Cooked Spinach Apple Slices 2% Milk	**11** Burrito Bowls Shredded Chicken w/ Brown Rice Shredded Lettuce, Salsa, Cheese, Black Beans & Guacamole Diced Pineapple	**12** White Chicken Chili w/ Crackers Side Salad Fresh Orange 2% Milk	**13** Ham & Scalloped Potatoes Cooked Carrots Diced Peaches 2% Milk
16 Pork Tenderloin w/ Mushroom Gravy Brown Rice Beets Applesauce 2% Milk	**17** **Thanksgiving Luncheon!** See Newsletter for Menu **24** Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac n Cheese Banana	**18** Roast Ham & Swiss on Whole Grain Bread Seasonal Soup Fresh Cut Fruit Mustard 	**19** Pot Roast w/ Gravy Mashed Potatoes Green Beans Diced Pears 2% Milk	**20** BBQ Chicken Bites Cheesy Grits Seasoned Greens Corn Fresh Cut Fruit
23 Stuffed Peppers w/ Marinara Cauliflower Fresh Cut Fruit Split Top Roll 2% Milk	**25** Carved Turkey w/ Gravy Mashed Potatoes Green Beans Stuffing Pumpkin Pie	**26** **CLOSED -** **Happy Thanksgiving!**	**27** **CLOSED**	
30 Chicken & Dumplings Cooked Carrots Spiced Apples Split Top Roll 2% Milk				



-Suggested minimum donation for persons 60+ is $4.00. People under age 60mustpay$8.00.
-All meals subject to change.