

Rolla Elderly Highrise Senior Center

Monthly Menu

November 2020						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
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2 *Chicken Parmesan/ Spaghetti *Meadow Blend *Fruit Lemon Bar	3 *Turkey *Mashed Potatoes/ Gravy *Fruited Jello Carrots Pumpkin Bar	4 *Chicken Fried Steak *Mashed Potatoes/ Gravy *Broccoli *Baked Apples Peach Crisp	5 *Hamburger Steak/ grilled onions *Peas & Carrots Mashed Potatoes/ Gravy Cheesecake	6 *Tune Casserole *Broccoli *Pears Pudding	7	8
9 *Sweet Sour Chicken *Rice *Oriental Blend *Brown Betty Apples Cookies	10 *Meatloaf Mashed Potatoes/ Gravy *Seasoned Squash *Fruited Jello Dump Cake	11 *Chicken & Noodles *Tossed Salad * Orange Wedges Cabbage & Carrots Cookies	12 *Baked Ham * Baked Sweet Potato * Mixed Fruit Beets Pudding	13 *Salisbury Steak * Broccoli *Fruit Mashed Potatoes/ Gravy Bread Pudding	14	15
16 *Ham & Beans * Spinach * Baked Apples Corn Bread Cookies	17 *Chili * Baked Potato * Sliced Pears Cookies	18 *Beef Goulash *Peas * Fruit Salad Steak Fries Cobbler	19 *Pork Chop *Broccoli *Applesauce AuGratin Potatoes Spice Cake	20 *Fish *Stewed Tomatoes Sweet Potatoes Dessert	21	22
23 *Pork Chop *Sweet Potatoes * Fruit Cocktail Three Bean Salad	24 *Roast Beef * Mashed Potatoes/ Gravy *Fruited Jello Carrots Pudding	25 Thanksgiving Dinner *Turkey & Dressing *Mashed Potatoes/ Gravy And More!	26 Happy Thanksgiving!! Center Closed	27 Center Closed	28	29
30 *Chicken Pot Pie *Green Beans *Blushing Pears Carrots Pudding	Curb-side Lunches served from 11:00- 12:30 Call 573-341-2929 for delivery to your car!					