

ST. CHARLES AREA AGENCY ON AGING • NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Your Contributions are Greatly Appreciated.</p> <p>Please Help Your Council on Aging Help Others.</p>	 <p>TURN CLOCKS BACK, NOV. 3</p>	<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>	 <p>ELECTION DAY, NOV. 5</p>	<p>Chicken Salad Sandwich on Whole Wheat Bread Spinach Salad w/Ranch Fresh Orange Banana Pudding</p> <p style="text-align: right;">1</p>
<p>Chicken & Sausage Jambalaya Winter Blend Vegetables Candied Sweet Potatoes White Bread Variety Moon Pie</p> <p style="text-align: right;">4</p>	<p>Beef Tips w/Brn Rice Spinach Romaine Salad w/Ranch Green Beans w/Peppers Whole Wheat Bread Margarine Fruit & Grain Bar</p> <p style="text-align: right;">5</p>	<p>Ham & Lima Beans w/Rice Carrot Raisin Salad Steamed Spinach Cornbread Margarine Grape Juice</p> <p style="text-align: right;">6</p>	<p>Turkey Salad Sandwich on Whole Wheat Bread Lettuce & Tomato Fresh Orange Snickerdoodle Bar</p> <p style="text-align: right;">7</p>	<p>Seafood Gumbo w/Rice Broccoli & Cauliflower Potato Salad Saltine Crackers Pudding Cup</p> <p style="text-align: right;">8</p>
<p>Chicken Breast Fillet w/Honey Mustard Sc Italian Blend Vegetables Au Gratin Potatoes Whole Wheat Bread Margarine Fresh Orange</p> <p style="text-align: right;">11</p>	<p>Hamburger on a Bun Lettuce/Tomato/Pickle Ketchup/Mustard/Mayo Baked Beans Fresh Fruit Chocolate Milk</p> <p style="text-align: right;">12</p>	<p><u>BIRTHDAY SPECIAL</u> Chicken & Sausage Gumbo w/Rice Okra & Tomatoes Potato Salad Whole Wheat Crackers Bday Cake/Ice Cream</p> <p style="text-align: right;">13</p>	<p>Ham w/White Beans & Brown Rice Seasoned Turnip Greens Coleslaw Cornbread Margarine LD Fig Bar</p> <p style="text-align: right;">14</p>	<p>Beef Taco Salad over Corn Chips Tomato/Lettuce/Cheddar Sour Cream/Taco Sc Pinto Beans Chuckwagon Corn Fresh Banana</p> <p style="text-align: right;">15</p>
<p>Sliced Roasted Turkey w/Gravy Mashed Potatoes Romana Blend Vegt Whole Wheat Bread Margarine LD Pumpkin Delight</p> <p style="text-align: right;">18</p>	<p><u>BREAKFAST SPECIAL</u> Brkfst Sausage or Ham Grits Spiced Apple Slices Orange-Tangerine Juice Biscuit/Jelly/Margarine Fruit & Grain Bar</p> <p style="text-align: right;">19</p>	<p>Red Beans & Sausage w/Rice Steamed Spinach Green Garden Salad w/Salad Dressing Cornbread / Margarine Fresh Orange</p> <p style="text-align: right;">20</p>	<p>Hot Dog w/Chili on a Wheat Bun Creamed & Whole Corn Coleslaw Pineapple</p> <p style="text-align: right;">21</p>	<p>Baked Bone-In Chicken w/Gravy Candied Sweet Potatoes Normandy Blend Vegt White Dinner Roll Oatmeal Raisin Cookie</p> <p style="text-align: right;">22</p>
<p>Beef Patty w/ Pepper & Onion Grvy Mashed Potatoes Glazed Carrots White Dinner Roll LD Fudge Round</p> <p style="text-align: right;">25</p>	<p>Sausage & Pinto Beans w/Rice Seasoned Turnip Greens Pickled Beets Cornbread Margarine Mandarin Oranges</p> <p style="text-align: right;">26</p>	<p><u>THANKSGIVING SPECIAL</u> Slice Rst Turkey/Gvy Cornbread Dressing Southern Green Beans Cran Juice/Jellied Cran Sc White Dinner Roll Carrot Cake</p> <p style="text-align: right;">27</p>	 <p>THANKSGIVING CLOSED FOR THE HOLIDAY</p> <p style="text-align: right;">28</p> <p style="text-align: right;">29</p>	