

FAIRFAX CONGREGATE SENIOR CENTERS BREAKFAST, LUNCH, AND SNACK - NOVEMBER MENU



на	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT LUINCH	Hamburger Patty w/ Lettuce, Tomato, Onion Ketchup/Mustard/Mayo WG Bun Baked beans Cheesy Broccoli Blueberry cobbler Milk Veg: Veggie Burger w/	Slice Turkey & Gravy Stuffing WG Roll w Butter Broccoli & Cauliflower Corn Baked Cinnamon Apple/Applesauce Milk Veg: Chicks Strips	Grilled Pollock w/ tartar sauce WG Bun Stewed Tomatoes Lima Beans Tropical mix Milk Lewisville - Meatloaf w/Gravy	2 Oven Fried Chicken Legs Corn Muffin Mashed sweet potatoes 4 Way vegetable mix Plum Milk Veg: Vegan Nuggets	Spaghetti & Meat Sauce Spinach Sauteed Summer Squash Tangerine WG Roll w/ butter Milk Veg: Spaghetti w/ Cheese
	Lettuce, Tomato, Onion		Veg: Vegan fish		
COLD LUNCH	Tropical Bean Salad WW Bread Butter Romaine Lettuce Tomatoes Tropical Fruit Salad Milk	Pesto Pasta Salad Grain Chicken Field Greens w Italian Yogurt Parfait Roasted Zucchini Milk	Beef Teriyaki Wrap WG Wrap Asian Bean Salad Canned Pears Milk	Egg Salad WG Roll Marinated Vegetable Salad Cucumber Salad Cantaloupe Milk	Asian Chop Salad w/ Chicken WW Nan Bread Banana Milk
	Veg: Same	Veg: Same	Veg: Beefless strips	Veg: Same	Veg: Same w. chick strips
HOT LUINCH	Chicken Tikka Masla WG Rice Sauteed Spinach Ginger Cauliflower Mandarin Orange Milk Veg: Chickpea marsala	VETERAN'S DAY Meatloaf w/ Gravy WG Bun Brussel Sprouts Scalloped Potatoes Banana (1) Milk Veg: Vegan Beef Strips	Tuna Noodle Casserole Garlic Bread Green Beans Cannellini bean Plum Milk Lewisville – Turkey & Gravy	Sunny Lemon Chicken Peas Eggplant roasted WG Linguine w/ butter Apple Slices Milk Veg: Meatless Chicken	14 1 Chicken & Dumplings Dumplings WG Roll w Butter Lima bean Pineapple Milk Veg: Chix Strips
COLD LUNCH	Chef Salad WG Corn Muffin w butter Mixed Greens Lettuce w Herb Vinaigrette Cherry Tomato & Cuke Peaches Milk Veg: Cheese, 2 eggs	Turkey Mayo WG Roll Tomato and Lettuce garnish Romaine w/ Caesar Dressing Mediterranean Chickpea Salad Mixed Fruit Milk Veg: Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette	Pasta Salad Red & Green Pepper strips w Italian Red Bean Salad Grapes Milk Veg: Egg Salad	Cottage Cheese String Cheese WG English Muffin Field Salad w/ Ranch Tomato Balsamic Salad Honeydew Milk Veg: Same	Mild Buffalo Ranch Chicken Salad WW Bread Spinach Salad w Balsamic Vinaigrette Beet Salad Mango (frozen) Milk Veg: Hummus & Provolone



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HOT LUINCH	Chinese Style Vegetables w/ Orange Chicken Brown Rice Roasted Carrots Edamame Tropical Fruit Cup Milk Veg: Teriyaki Tofu	Vegetarian Lasagna Garlic Bread Italian Blend Acorn squash Pears Milk Veg: Same	Hamburger w/ Lettuce, Tomato, Onion WG Bun Roasted Potatoes Steamed broccoli Banana Milk Veg: Vegetarian Patty	Beef Lo Mein Vegetable Egg Roll Bok Choy Pumpkin Tangerine Milk Veg: Soy Beef	21 2 Oven Fried Chicken Legs WG Corn Muffin w Butter Kale Creole Style Black Eyed Peas Cherry Cobbler Milk Veg: Chicks Strips
COLD LUNCH	Cranberry Chicken Salad WG Crackers Cucumber Salad Pickled beets Peaches Milk Veg: Chicks Strips	Grilled Chicken Mayo WW Bun Carrot Raisin Salad Field salad w/ ranch Grape Milk Veg: Cheese	Tuna Nicoise Salad WG Crackers (Veg - green bean, potato) Field Salad w/ Balsamic Blueberries Milk Veg: Cucumber, Hummus & Provolone	Turkey & Cheese WW Bread Lettuce Tomato (garnish) mayo Zucchini salad Black Bean Salad Fresh fruit cup Milk Veg: Egg Salad or Cucumber,	Powerhouse Wrap Tossed Green Salad w Italian Broccoli Salad Mango Milk Veg: Same
HOT LUNCH	Nashville Hot Chicken Sandwich (Chicken Patty WG Bun) Vinaigrette slaw (Red Cabbage, Shredded Carrots, Cabage) Baked Beans Baked cinnamon apples Milk Veg: Chix Strips	Salisbury Steak w/ mushroom gravy WG Roll w.Butter Smashed Red Potatoes Catalina Vegetables (broccoli, green beans, carrots, red peppers) Clementine Milk Veg: Vegetarian patty	THANKSGIVING MENU Sliced Turkey & Gravy Cornbread Stuffing Sweet Potato/Marshmallows Green Beans Casserole Cranberry Sauce Pumpkin Pie Milk Veg: 5 Chix Nuggets	Happy Thanksgiving Day	
COLD LUNCH	Cobb Salad (Turkey Bacon, hardboiled egg, chicken) WG Corn Muffin Mixed Greens Lettuce w Red wine vinaigrette (in salad) Cherry Tomato & Cuke Orange in Wedges Milk Veg: Cheese. 2 eggs	Egg Salad WW Bread Spinach Salad w Italian Dressing Mediterranean Chickpea Salad Banana Milk Veg: Hummus & Provolone	Beef Kale Caesar Wrap WG Wrap Potato Salad Fruited Jello Salad Milk Veg: Chix strips		