JEFFERY'S CATERING

CONGREGATE SENIORS CENTERS - NOVEMBER MENU 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT LUNCH	**11/2** Beef Bourguignon (3 oz MA) **WG** Roll w/ Butter Rosemary Mashed Potatoes Italian Broccoli **Orange in Wedges** Milk ***Veg: Soy beef***	**NO SERVICE SC** **11/3** Turkey Patty w/ LTO **WG** Bun Baked Sweet Potato Fries Zuchini Fresh Peach Milk ***Veg: black bean burger***	**11/4** Oven Fried Chicken Legs 3 oz **WG** Biscuit w/ butter Baked Beans 4 Way vegetable mix Pear Milk ***Veg. Vegan Nuggets***	**11/5** Baked Salmon w/ Lemon Butter Sauce **WG** Rice Pilaf Brussel Sprouts Roasted Acorn Squash Berries Milk ***Veg: vegan fish*** ***Lewinsville SC: Cheeseburger on Bun (1Sl Cheedar cheese) (Veg. Veggie burger)***	**11/6** Spaghetti & Meat Sauce *3 oz m/ma, 1.5 oz grain* **WG** Roll w/ butter **Spinach** Italian Blend Roasted Apple Milk ***Veg: Spaghetti w/ Cheese***
COLD LUNCH	Spinach Cranberry Feta Salad *(2 oz grain equivalent, 3 oz meat/meat alternate, 1 cup dark leafy green vegetable)* Chicken Breast **WG** Roll Carrot Raisin Salad Honeydew Milk ***Veg: Chicx Strips***	Egg Salad **WG** Bread Marinated Vegetable Salad Pickled Beets Canned Pears Milk ***Veg: Same***	Pesto Pasta Salad *(1/8 c tomatoes)* 2 oz Grain chicken Field Greens w Italian Yogurt parfait Chickpea Salad Milk ***Vegetarian: Same***	Asian Chop Salad w/ Chicken) *(2 oz chicken, 1 oz edamame(m/ma), ½ c dark green vegt, ¼ c red/orange vegt, ¼ c other vegt)* **WW** Pita Bread Banana Milk ***veg Same w. chick strips***	3 oz Tuna Salad 2 oz **WG** Rye bread ½ c Southwest Corn Salad ½ c Carrots w Ranch ½ c Applesauce Milk ***Veg: Vegan chicken salad***
HOT LUNCH	**11/9** Sunny Lemon Chicken **Peas** Roasted Mushrooms w/ peppers **WG** Linguine w/ butter Apple Slices Milk ***Veg: Meatles Chicken***	**11/10** Sesame Asian Noodle Bowl *3 oz m/ma beef strips, ½ c vegetables,* ***WG** noodles* **Edamame** Carrots Canned Tropical Fruit Mix Milk ***Veg: Tofu Seasane asian noodle bowl***	**VETERANS DAY** **11/11** 	**11/12** Meatloaf w/ Gravy **WG** Roll w.butter **Green Beans** Scalloped Potatoes Banana (1) Milk ***Veg: Vegan Beef Strips***	**11/13** Tuna Noodle Casserole *(3 oz MA, 1.5 oz **WG** Grain, ¼ c veg- onion, celery, bell peppers)* WG Dinner Roll w Butter **Broccoli** & Carrots Cannellini bean Tangerines Milk ***Veg: Same*** ***Lewinsville SC: Chicken Casserole (Veg. Chix Strips)***
COLD LUNCH	Moroccan Salad w/ lemon vinaigrette dressing *(½ c carrots, cucumber, feta, tomato, dried cranberries, 1 oz chickpeas w/ quinoa,2 oz chicken breast, 1 cup mixed greens)* **Carrots**, cucumber, tomato (in salad) Beet Salad Grapes Milk ***Veg: same with 3 oz chickpeas***	Pasta Salad *1 oz Turkey bacon, 2 oz cheddar cubes, 1 c **WG** Rotini,* Red & Green Pepper strips w Italian **Squash Salad** Plum 1 c Milk ***Veg: Egg Salad***		Cottage Cheese String Cheese **WG** English Muffin **Field Salad** w/ Ranch Tomato Balsamic Salad Mango Milk ***Veg: Same***	Chef Salad Protein, *Swiss Cheese, Roast Beef Egg wedged* **WG** Corn Muffin w butter **Mixed Greens** Lettuce w Herb Vinaigrette Cherry Tomato & Cuke Berries Milk ***Veg: Cheese, eggs***

Head Start & USDA are equal opportunity providers & employers *Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries* E. Shackleton _IN PROGRESS _ 8.21 Whole Grain, Red Fruit/Vegetable, Green Fruit/Vegetable, Orange Fruit/Vegetable, Bean Dish

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HOT LUNCH	**11/16** Beef & Macaroni Casserole *3 oz beef, 1/2 c WG* Acorn Squash Broccoli Pears Milk ***Veg: Cheese w. Macaroni***	**11/17** Chicken Parm w/ melted provolone cheese **WG Linguine** Roasted **Zucchini** Garlic **Green Beans** Banana (1) Milk ***Veg: Chix Strips***	**11/18** Florentine Grilled Pollock Fish **WG** Wild rice Canellini Bean **Steamed garlic Kale** Mixed Fruit Milk ***Veg: Vegan Fish Patty*** ***Lewinsville SC: Meatloaf and Gravy w Roll (Veg. Cannellini Beans & Stewed tomatoe)***	**11/19** **Thanksgiving Menu** Sliced Turkey & Gravy Cornbread Stuffing WG Dinner Roll/Butter Sweet Potato / Marshmallows Green Beans Casserole Cranberry Sauce 1 Sl Pumpkin Pie ½ c 1 c Milk ***Veg: 5 Chix Nuggets***	**11/20** Oven Fried Chicken Legs **WG** Corn Muffin w Butter **Creaned Spinach** Creole Style Black Eyed Peas Cherry Cobbler Milk ***Veg: Chicks Strips***
COLD LUNCH	Cranberry Chicken Salad **WG** Crackers Roasted Vegetable Salad Coleslaw Peaches Milk ***Veg: Chicks Strips***	Powerhouse Wrap *Black Beans, WW Tortilla* Tossed Green Salad w Italian Broccoli Salad **Mango** Milk ***Veg: Same***	Grilled Chicken Mayo WW Bun Carrot Raisin Salad Field salad w/ ranch Orange Milk ***Veg: Cheese***	Taco Salad w/ Southwest Ranch Dressing (Romaine, ground beef, Monterrey jack cheese, Black Beans, Pico de gallo) Baked chips plum Milk ***Veg: Same w/ black beans, cheese***	Tuna Salad Sandwich Slices **WG** Bread Cole Slaw Vinaigrette Italian Tomato Salad Berries Mixed Milk ***Veg: Same w/ cheese***
HOT LUNCH	**11/23** Yangs Teriyaki Chicken **WG** Asian noodle (mushroom and veg) Edamame Grapes **Carrots** Milk ***Veg: Chicken Strips Veg***	**11/24** Salisbury Steak w/ mushroom gravy **WG** Roll w/ butter Mashed Potatoes Catalina Vegetables *(broccoli, green beans, carrots, red peppers)* Blueberry Cobbler Milk ***Veg: Vegetarian Patty***	**11/25** Chicken Carnitas Sorghum Burrito Bowl *(WG rice, M/MA, vegt – roasted peppers, avocado) (bean included)* Pita Bread Elotes Pears Milk ***Veg: Bean Sorghum Burrito Bowl***	**Thanksgiving Day 11/26** 	**Day After Thanksgiving 11/27**
COLD LUNCH	Cobb Salad Turkey Bacon, hardboiled egg, chicken) **WG** Corn Muffin **Mixed Greens** Lettuce w red wine vinaigrette (in salad) Cherry **Tomato** & Cuke (in salad) **Orange in Wedges** Milk ***Veg: Cheese, eggs***	Chicken Kale Caesar Wrap **WG** Wrap (MA, grain, dark green) Potato Salad Fruited Jello Salad Milk ***Veg: Cucumber, Hummus & Provolone***	Turkey Cheese WW Bread Lettuce, Tomato mayo Zucchini salad Three Bean Salad Apple Milk ***Veg: Egg Salad or Cucumber, Hummus & Provolone.***		

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COLD LUNCH	Chicken Caesar Salad Chicken strips WG Roll **Caesar Salad** w Romaine Carrot raisin salad Banana Milk ***Veg: Chicx Strips***				