

November 2025 Menu



Lunch Served at Noon

**Call ahead for to-go orders
208-879-6338**

<i>MONDAY</i>	<i>WEDNESDAY</i>	<i>FRIDAY</i>
3 Chili Cornbread Salad Brownies	5 Chicken Tortellini Mixed Vegetables Whole Wheat Roll Fruit Pudding	7 Potato Sausage Soup Salad Bread Apple Kuchen
10 Taco Pasta Tortilla Chips Churro Cookie	12 Grilled Cheeseburgers Pasta Salad Fruit	14 Swedish Meatballs Rice Cauliflower Birthday Cake
17 Bacon Sausage Egg Quiche Apple Sauce Cinnamon Roll	19 Pork Chops w/applesauce Mashed Potatoes Carrots Rolls Espresso Cake	21 French Dip Au Jus French Fries Cookie
24 Chicken Broccoli Braid Mandarin Oranges Oatmeal Cake	26 Turkey Stuffing Mashed Potatoes Gravy Green Bean Casserole Rolls Pumpkin Pie	28 FROZEN MEAL (sent on 26th) Meatloaf Mashed Potatoes Roll CENTER CLOSED

USDA is an equal opportunity provider

Menu subject to change

Challis Senior Citizens Center, Inc.
695 Challis Creek Road
PO Box 997
Challis, ID, 83226
208-879-6338 www.challisseniorcenter.com

Lunch Meals & Delivery are available to EICAP qualified residents.

Call EICAP to register: 208-542-8179

Lunch Pricing

Seniors 65 older \$5 donation

All others \$7 donation

Kids \$5 donation

Here are some dates to remember:

November 13th – Board Meeting at 10 AM

November 14th – Birthday Cake Day

November 15th – Chili Cook-off @ the Legion Hall

November 18th – Stretch & Balance Class at 9:30 AM

BINGO Every Saturday 6pm-8pm Must be 18 years to play

VOLUNTEERS ALWAYS NEEDED

THANK YOU FOR YOUR SUPPORT!!!

November 2025 Nutrition Article

Diabetic Friendly and Protein-Packed Peanut Butter Dip

1 cup Greek Vanilla Yogurt
1 tbsp. Peanut Butter
¼ tsp. Ground cinnamon (optional)

Directions: Place all ingredients in a bowl and mix until smooth. Dip using carrot sticks, apple slices, crackers, pretzels, etc.

Nutritional Information: 13 grams carbohydrate, 17 grams protein

