

PREPARED BY Krista Percival, Director/certified to contain 1/3 RDA HEDLEY SENIOR CITIZENS, Hedley, Texas

SERVED WITH 2% MILK, TEA OR WATER and Served with Wheat Rolls, Wheat Bread or Cornbread

REVIEWED BY Mary Roberson RD, LD CDR # 13835

MONTH: **November** YEAR: **2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Thanksgiving!				1.Chicken Strips w/Country Gravy Crispy French Fries Mixed Green Salad Butterscotch Bars WW Buttermilk Biscuits
4. Meatloaf Herb Mashed Potatoes Green Beans Pumpkin Crumble WW Buttermilk Biscuits	5. Asian Sweet Chili Pork Egg Rolls Chinese Fried Rice Asian Broccoli Angel Food Cake w/Strawberries	6. Chicken Fried Steak Country Gravy Homemade Mashed Potatoes California Blend Vegetables Gooley Butter Cookies WW Buttermilk Biscuits	7. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Blueberry Crisp WW Roll	8. Bacon Cheeseburger on W.W. Bun Seasoned Tater Tots Broccoli Raisin Salad No Bake Cookies
11. Homemade Lasagna Roasted Sweet Potatoes Brussel Sprouts w/Bacon Butterscotch Cake Garlic, Parmesan, & Herb WW Roll	12. Baked Beef Stew w/WW Biscuit Topping Baked Sweet Potato Half Homemade Sugar Cookies Strawberries & Bananas	13. Chicken Fried Steak Country Gravy Homemade Mashed Potatoes Mixed Greens Cilantro Rice Apple Cranberry Crisp WW Roll	14. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Banana Oatmeal Cookies Banana WW Buttermilk Biscuits	15. Fried Catfish Crispy French Fries Hush Puppies Mixed Green Salad Chocolate Pudding Parfait WW Buttermilk Biscuit
18. Asian Sweet Chili Pork Egg Rolls Chinese Fried Rice Ginger Carrots Ambrosia WW Roll	19. Beef Enchiladas Refried Beans Mexican Rice Mixed Green Salad Apple Crisp	20. Chicken Fried Steak Country Gravy Mashed Red Skin Potatoes Carrots & Green Beans Peanut Butter Cookies WW Buttermilk Biscuits	21.. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Pumpkin Cake Banana WW Buttermilk Biscuit	22. Bacon Cheeseburger on W.W. Bun Onion Rings Mixed Green Salad Peaches & Blueberries Layer Bars
25. Asian Sweet Chili Pork Egg Rolls Chinese Fried Rice Asian Vegetables Autumn Fruit Crisp Apricots WW Roll	26. Chicken Strips w/ Country Gravy Crispy French Fries Mixed Green Salad Cranberry White Crip Oatmeal Cookies	27. Chicken Fried Steak Country Gravy Homemade Mashed Potatoes Buttered Carrots Brown Rice Ambrosia WW Buttermilk Biscuits	Closed for the Thanksgiving	Holiday
