



DINING ROOM MENU FOR NOVEMBER 2024

BERNARDI MULTIPURPOSE SENIOR CENTER

Dining Center
747 254-2579, Ext. 107

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sara Thompson Dining Coordinator Voluntary Contribution OF 3.10 FOR THOSE 60 YEARS OLD AND OVER</p>	<p>LUNCH IS SERVED MONDAY – FRIDAY 11:30AM to 12:30</p>			<p>1) Fish & Chips W/G Roll OR Bread **Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding Low fat Milk</p>
<p>4) Southwest Shredded Chicken W/G Tortilla/Pinto Beans *Shredded Cabbage Mixed Salad Greens & Rad- ish w/Cilantro Dressing Fresh or U/S Peaches OR Melon Low fat Milk</p> <p>FOOD BANK DAY</p>	<p>5) Shepherds Pie (Ground Beef) w/Mashed Potatoes Whole Grain Roll **Carrots Mixed Salad Greens w/ French Drsg *Kiwi Low fat Milk</p>	<p>6) Baked Fish Alman- dine Barley w/Herbs Green Beans w/Herbs ***Spinach Salad w/ Kale, Bell Pepper & Cucumber w/1000 Island Drsg Yogurt Parfait w/Berries Low fat Milk</p>	<p>7) Cashew Chicken w/ Brown Rice Green Peas *Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk</p>	<p>8) Garden Vegetable Lasagna w/ Zucchini & Mush- rooms **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk</p>
<p>11) CENTER CLOSED IN OBSERVANCE OF</p>	<p>12) Baked Pollock w/ Lemon Sauce Whole Grain Roll OR Bread Mixed Vegetable Blend ***Broccoli Salad Cinnamon Applesauce Low fat Milk</p>	<p>13) BBQ Chicken Brown Rice **Yam OR Sweet Potato ***Tri Color Coleslaw w/Carrots Peach OR Pear Low fat Milk</p>	<p>14) Tamale Pie (Turkey) Black Beans Mesclun Salad Greens w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie OP- TIONAL Low fat Milk</p>	<p>15) Meatloaf w/Gravy (Beef) Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk</p>
<p>18) Chicken Adobo Brown Rice Green Peas Mesclun Salad w/Garbanzo Beans w/ Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk</p>	<p>19) Turkey Milanese & Linguine w/ Pesto Sauce Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/Granola optional Low fat Milk</p>	<p>Salmon w/Dill Sauce Whole Grain Roll Green Beans ***Chopped Mixed Salad w/ Spinach, Kale & Bell Pepper & Italian Dressing Cinnamon Applesauce Low fat Milk</p>	<p>21) Asian Beef Stir Fry Brown Rice Mixed Asian Vegeta- bles Beet Salad *Cantaloupe OR Tan- gerine Low Fat Milk</p>	<p>22) Vegetarian Chile w/ Pinto & Kidney Beans Barley & Tomatoes **Herb Roasted Carrots Mixed Salad Greens w/ French Dressing Corn Bread Banana Low Fat Milk</p>
<p>25) *Orange Juice Spaghetti w/Meat Sauce (Turkey) **Broccoli Caesar Salad w/Caesar Dressing Fresh Pear OR Peach Low fat Milk</p>	<p>26) Beef Fajita w/Peppers & Onions Whole Grain Tortilla Pinto Beans Tossed Green Salad w/ Cilantro Dressing *Pineapple & Mango Fruit Cup Low fat Milk</p>	<p>27) *Orange Juice Turkey Breast w/ Gravy & Cranberry Sauce Herb Stuffing & Whole Grain Roll Green Beans w/Almonds *Tossed Green Salad & Mandarin Oranges w/ Vinaigrette Drsg Pumpkin Pie OR Tart Low fat Milk</p>	<p>28) CENTER CLOSED IN OBSERVANCE OF</p>	<p>29)</p>

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

*Vitamin C Source ** Vitamin A ***Vitamin C & A and (+ Sodium) (= Potassium)