

# NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Bolognese over ziti with side salad	2	3	4
5	6 Quiche (green peppers, onions and ham) side salad	7 Homemade vegetable soup with grilled cheese sandwich on wheat bread	8 Baked fish, baked potato, and veggie	9	10	11
12	13 Grilled chicken Cesar salad	14 Cheese ravioli and side salad	15 Baked beans & franks with fruit	16	17	18
19	20 Tuna salad sandwich on roll with lettuce, tomato and macaroni salad	21 Meatloaf with baked potato, and veggie	22 Breakfast for dinner! French toast, bacon & home fries and apple sauce	23	24	25
26	27 Meatballs and sauce over ziti	28 Cobb salad: mixed greens with hard boiled egg, cucumbers, tomatoes, red onion, blue cheese and bacon bits.	29 Roasted Pork loin with mashed potato and veggie	30		