

November

2019

St Ignatius

Subtitle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2 Chicken Meatballs & spaghetti roasted broccoli GF DF V Garlic bread & fruit GF DF V grilled tofu with Marinara	
3	4 Beef tater tot casserole GF DF Carrots GF DF V Fruit GF DF V veggie tater tot casserole GF DF V	5 Turkey enchilada pie Rice & beans GF DF V fruit GF DF V veggie enchilada pie	6 Polenta beef pizza GF salad GF DF V veggie polenta pizza GF DF V fruit GF DF V	7 Chicken fingers mashed potatoes gravy GF roasted broccoli GF DF V fruit GF DF V tofu fingers and potatoes	8 9 BBQ pulled pork sammies, coleslaw GF V ranch beans GF DF V fruit GF DF V BBQ tofu sammie GF DF V	
10	11 Turkey chili GF DF chopped salad GF DF V cornbread GF V fruit GF DF V	12 Taco Tuesday beans and rice GF DF V fruit GF DF V	13 Pizza fruit GF DF V salad GF DF V	14 Grilled cheese sammie tomato soup GF V salad GF DF V fruit GF DF V	15 16 Hamburger w/fixin's, tater tots GF DF V fruit GF DF V veggie burgers DF V	
17	18 Chicken and waffles carrots and celery with Ranch fruit GF DF V tofu and waffles	19 Taco Tuesday black beans and rice GF DF V fruit GF DF V	20 Pizza salad GF DF V fruit GF DF V	21 22 23 Thanksgiving Luncheon	24 25 Chicken bacon Ranch wraps veggie noodle soup DF V chips, Veggie Wraps GF DF V	
24	25 Happy Thanksgiving	26 Happy Thanksgiving	27 Happy Thanksgiving	28 Happy Thanksgiving	29 Happy Thanksgiving	30

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