


ST. CHARLES AREA AGENCY ON AGING • NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Your Contributions are Greatly Appreciated.</p> <p>Please Help Your Council on Aging Help Others.</p>	 <p>TURN CLOCKS BACK, NOV. 4</p>	<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>	<p>Beef Macaroni w/Tomato Sauce Mixed Vegetables Green Garden Salad w/Dressing Whole Wheat Bread Peach Crisp 1</p>	<p>Chicken Salad Sandwich on Whole Wheat Bread Spinach Salad w/Italian Pineapple Tidbits Banana Pudding 2</p>
<p>Chicken & Sausage Jambalaya Winter Blend Vegetables Candied Sweet Potatoes White Bread Variety Moon Pie 5</p>	<p>Beef Vegetable Stew Brown Rice Whole Kernel Corn Whole Wheat Bread Grape Juice 6</p>	<p>Ham & Lima Beans w/Rice Coleslaw Steamed Spinach Cornbread Fruit & Grain Bar 7</p>	<p>Turkey Salad Sandwich on Whole Wheat Bread Romaine Lettuce Salad w/Dressing Mandarin Oranges Banana Cake 8</p>	<p>Taco Salad w/Tortilla Chips Lettuce & Tomato Shredded Cheese Sr Cream / Taco Sauce Chuckwagon Corn Oatml Raisin Cookie 9</p>
<p>Sliced Roasted Turkey w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Roll Peaches Margarine 12</p>	<p>Hamburger on a Bun Lettuce/Tomato/Pickle Mustard/Ketchup/Mayo Chuckwagon Corn Fresh Fruit Chocolate Milk 13</p>	<p><u>SPECIAL BY CLINTON</u> Chicken & Sausage Gumbo w/Rice Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Chocolate Cake 14</p>	<p>Ham & White Beans w/Brown Rice Seasoned Turnip Greens Carrot Raisin Salad Cornbread Fresh Banana 15</p>	<p>Baked Bone-In Chicken w/Gravy Candied Sweet Potatoes Normandy Blend Vegt White Dinner Roll Fruit & Grain Bar 16</p>
<p>Chicken Breast Fillet w/Honey Mustard Sc Country Cottage Blend Vegetables Au Gratin Potatoes Whole Wheat Bread Fresh Orange 19</p>	<p><u>BREAKFAST SPECIAL</u> Brkfst Sausage or Ham Grits Spiced Apple Slices Orange Tangerine Juice Biscuit/Jelly/Margarine Choc Chip Cookie 20</p>	<p><u>THANKSGIVING SPECIAL</u> Slc Rstd Turkey w/Gvy Cornbread Dressing Southern Green Beans Cranberry Juice / Roll Jellied Cranberry Sauce Bkd Pumpkin Custard21</p>	 <p>THANKSGIVING CLOSED FOR HOLIDAY, NOV. 22-23</p>	
<p>Beef Patty w/ Pepper & Onion Gravy Mashed Potatoes Carrots White Dinner Roll LD Fudge Round 26</p>	<p>Sausage & Pinto Beans w/Rice Seasoned Turnip Greens Pickled Beets Cornbread Mandarin Oranges 27</p>	<p>BBQ Chicken Baked Beans Normandy Blend Vegt Whole Wheat Bread Chocolate Chip Cookie 28</p>	<p>Beef Macaroni w/Tomato Sauce Mixed Vegetables Green Garden Salad w/Dressing Whole Wheat Bread Peach Crisp 29</p>	<p>Chicken Salad Sandwich on Whole Wheat Bread Spinach Salad w/Italian Pineapple Tidbits Banana Pudding 30</p>