

INGREDIENT LIST FOR NOVEMBER – 2020 MENUS

NOV. 2 – CHICKEN STRIPS: CHICKEN, BREADING, VEG OIL

PUDDING: MILK, COCOA, CORNSTARCH

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 4 - BEEF POT PIE: BEEF, STEW VEGS, BEEF STOCK, FLOUR

DINNER ROLL: FLOUR, YEAST, WATER

CINNAMON MUFFIN: CINNAMON POWDER, FLOUR, EGGS,

SUGAR, MILK

NOV. 5 – CHEESE OMELET: EGGS. CHEESE, MILK

HASH BROWNS: POTATOES, VEG. OIL

BISCUITS: FLOUR, BUTTERMILK, BAKING SODA, MILK

FRUIT MUFFIN: BLUEBERRIES, FLOUR, EGGS, SUGAR, MILK

NOV. 9 – SALSA CHICKEN: CHICKEN, SALSA, TOMATOES

SPANISH RICE: LONG GRAIN RICE, SPANISH SEASONING,

RED AND GREEN BELL PEPPERS, WATER

VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING

SODA

DINNER ROLLS: FLOUR, YEAST, WATER

NOV. 10 – MASHED POTATOES: DEHY. POTATOES, WATER,

MARGARINE

GRAVY: FLOUR, ONION POWDER, WATER, BROTH

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 11 – SWEDISHO MEATBALLS: PORK, BEEF, WATER,

DEHY. ONIONS, DEHY. CELERY, VEG. OIL, GARLIC

POWDER, MILK, SOY, WHEAT, SOUR CREAM, FLOUR, BEEF

BASE, ONION POWDER

PASTA: FLOUR, EGGS

GELATIN: WATER, ARTIFICIAL FLAVORS

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 12 – HAM: PORK

SWEET POTATO CASSEROLE: YAMS, MARGARINE

FRUIT MUFFIN: BLUEBERRIES, FLOUR, EGGS, SUGAR, MILK

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 16 – SWISS STEAK: BEEF, FLOUR, ONION POWDER, CRUSHED

TOMATOES, BELL PEPPERS, CORNSTARCH, BROTH

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 17 – MASHED POTATOES: DEHY. POTATOES, WATER,

MARGARINE

GRAVY: FLOUR, ONION POWDER, BROTH, WATER

STEWED TOMATOES: TOMATOES, SUGAR, ONIONS,

CELERY, BELL PEPPERS

POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 18 – HAM AND BEAN SOUP: NORTHERN BEANS, DICED HAM,

ONIONS, WATER

PIMENTO CHEESE: CHEESE, MAYO, PIMENTOES, SUGAR

COLE SLAW: CABBAGE, SLAW DRESSING

CORNBREAD: CORNMEAL, FLOUR, EGGS, WATER, SUGAR,

SOYBEAN OIL

NOV. 19 – MEATLOAF: GROUND BEEF, ONIONS, EGGS, SALT

MASHED POTATOES: DEHY. POTATOES, WATER,

MARGARINE

GRAVY: FLOUR, ONION POWDER, BROTH, WATER

PUDDING: VANILLA FLAVORING, CORN STARCH, MILK

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 23 – HAMBURGER: GROUND BEEF

HASH BROWNS: POTATOES, VEG.OIL

NOV. 24 – SALISBURY STEAK: BEEF, BELL PEPPERS, ONIONS

**SCALLOPED POTATOES: DEHY. POTATOES, ONIONS, SUGAR,
MARGARINE, WATER**

CAKE: FLOUR, SUGAR, EGGS, MILK, MARGARINE

DINNER ROLL: FLOUR, YEAST, WATER

**NOV. 25 – STUFFING: BREAD CRUMBS, EGGS, BROTH, ONIONS, SAGE,
WHEAT**

**MASHED POTATOES: DEHY POTATOES, WATER,
MARGARINE**

GRAVY: FLOUR, ONION POWDER, BROTH, WATER

**PUMPKIN PIE: PUMPKIN, CORN SYRUP, SPICES, EGGS, VEG
OIL**

DINNER ROLL: FLOUR, YEAST, WATER

NOV. 30 – ITALIAN SAUSAGE W/SAUCE: PORK, SEASONINGS

FRIES: POTATOES, VEG. OIL

SUCCOTASH: CORN, LIMA BEANS

FRUIT MUFFIN: BLUEBERRIES, FLOUR, EGGS, SUGAR, MILK