


Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of November 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	1	2 Garlic Bread Turkey Noodle Soup Cranberry Chicken Pecan Salad Peach Crisp	
Bun 4 Fish Sandwich Coleslaw Fries Grape Salad	Bread 5 Baked Chicken Thighs Cheesy Rice Casserole Carrots Peaches & Cream	6 Menus subject to change upon availability	7	8 Bread Shepherd's Pie Brussel Sprouts Orange Slices	
Bread 11 Italian Beef Sandwich Onion & Potatoes Green Beans Pears	Breadstick 12 Italian Meatballs Herbed Penne Pasta/Tomato Sauce Green Beans Fruit/Sauce	13	14	15 Garlic Toast Chicken Alfredo Steamed Broccoli Salad/Dressing Pineapple	
Bread 18 Kielbasa/Kraut Roasted Red Potatoes Carrots Apple Crisp	Bread 19 Tomato Soup Tuna Melt Sandwich Salad/Dressing Cherry Fruit Salad	20	21	22 Bread Chicken Noodle Hotdish Seasoned Green Peas Peach Cobbler	
English Muffin 25 Spanish Eggs Beef & Potato Hash Blueberries & Cream	Bread 26 Herb Roasted Salmon Baked Sweet Potato Lemon Asparagus Baked Cinnamon Apples	27	Happy Thanksgiving 28 		
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.				Those under 60 or who do not complete a registration form must pay \$14.79.	