Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation			Month of November 2026
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bread BBQ Pork Ribs Sweet Potatoes Corn Fruit/Sauce	3 Garlic Toast Lasagna Green Beans Fruit/Sauce	4 **Menus subject to change upon availability**	5	6 Bread Tuna Noodle Hotdish Peas & Carrots Fruit/Sauce
9 Bread Meatballs Mashed Potatoes w/gravy Carrots Fruit/Sauce	10 Breadstick Bean & Ham Soup House Salad/Dressing Fruit/Sauce	11	12	13 Bread Roast Pork w/Gravy Au gratin Potatoes Mixed Vegetables Fruit/Sauce
16 Breadstick Seafood Fettucine Broccoli Fruit/Sauce	17 Bun Pulled Pork Potato Salad Steamed Cauliflower Fruit/Sauce	18 **LS = low sodium** **Salad: tossed, fruit, coleslaw, potato, macaroni w/peas**	19	20 Bread Meatloaf Baked Potato Corn Fruit/Sauce
23 Bread Knoephla Soup Ham Sandwich Fruit/Sauce	24 Bread Rosemary Herbed Chicken thighs Boiled Potatoes Cheesy Broccoli Fruit/Salad	25	26	27 Bun Fish Fillet Sweet Potato Fries Coleslaw Fruit/Sauce
30 Bread Lemon Pepper Fish Cheesy Hashbrowns Candied Carrots Fruit/Sauce				
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.			**Age 60 and over: Suggested Contribution Congregate and Home Delivered Meals Is $5.00. Contribute as you are able.** Those under 60 or who do not complete a registration form must pay $15.07 per meal.	