






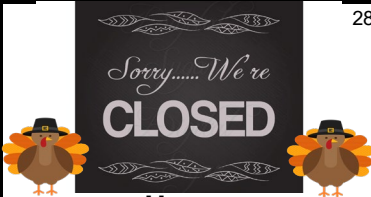






	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>PLEASE NOTE</b> MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>	<p>4 Teriyaki Chicken w/ brown rice Peas &amp; Carrots Tangerine</p>	<p>5 Chef Salad w/ ham &amp; turkey Mandarins &amp; Tropical Fruit WW Roll</p>	<p>6 Beef Barley soup 1/2 ham &amp; cheese sandwich on WG bread w/ lettuce &amp; tomato Orange </p>	<p>7 Mac &amp; Cheese Brussel Sprouts Apple WW Roll </p>
	<p>11 <i>SENIOR NUTRITION CLOSED ON FRIDAYS</i>  CLOSED</p>	<p>12 1/2 Tuna Sandwich on WG Bread Pea Salad Orange</p>	<p>13 Veggie Frittata Oven potatoes Banana WW Roll</p>	<p>14 Beef stew w/ carrots and potatoes Fruit cocktail  Cornbread Muffin</p>
<p>18 <i>ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS</i></p>	<p>18 Veggie Tortellini w/ marinara Peppers, onions, spinach, tomato Orange WW Garlic Bread</p>	<p>19 Cheeseburger w/lettuce, tomato, onion WW Bun Sweet Potato Fries Grapes</p>	<p>20 Chicken Taco Salad w/ lettuce, tomato, onion Salsa Tortilla Chips Bananas &amp; mixed berries WW Roll</p>	<p>21 Sweet &amp; Sour Pork w/ red peppers &amp; pineapple over brown rice Peas and carrots Mandarins </p>
<p> GREAT NORTHERN services</p>	<p>25 Tuna Casserole Mixed greens salad w/ beets and cucumbers Bananas &amp; berries WW roll</p>	<p>26 Broccoli Beef w/ Egg Noodles Ginger Honey Carrots Pineapples &amp; mandarins WW Roll Chocolate Chip Cookie</p>	<p>27 Roasted Turkey w/gravy Yams and Green Beans Stuffing Cranberry Sauce Spiced Pears Pumpkin Cake </p>	<p>28  Happy Thanksgiving</p>
<p> MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p></p>		<p></p>	<p></p>