

Elderhaus and Mindset November 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Applesauce; Milk</p> <p><u>Lunch:</u> Tomato Soup Ham & Cheese Sand. Applesauce; Milk</p> <p><u>Snack:</u> Side Salad Cheese Stick</p>	<p><u>Breakfast:</u> WW French Toast (WGR) Pears; Milk</p> <p><u>Lunch:</u> Country Beef w/Noodles Broccoli Normandy Pears; Milk</p> <p><u>Snack:</u> Cottage Cheese Crackers</p>	<p><u>Breakfast:</u> Cold Cereal WW Toast (WGR) Fruit Cocktail; Milk</p> <p><u>Lunch:</u> Pork Chops Mash Potato/gravy Baked Apples Roll; Milk</p> <p><u>Snack:</u> Fresh vegs w/dip</p>	<p><u>Breakfast:</u> Cream of Wheat WW Toast (WGR) Tropical Fruit; Milk</p> <p><u>Lunch:</u> Baked Chicken Oven-roasted Veggies Tropical Fruit Roll; Milk</p> <p><u>Snack:</u> Yogurt & Fruit</p>	<p><u>Breakfast:</u> WW Pancake (WGR) Pineapple; Milk</p> <p><u>Lunch:</u> Chef Salad with Turkey/Ham Pineapple; Roll Milk</p> <p><u>Snack:</u> Cheese Sticks Crackers</p>
8	9	10	11 Veteran's Day	12
<p><u>Breakfast:</u> WW English Muffin (WGR) Applesauce; Milk</p> <p><u>Lunch:</u> Chicken Salad Sand. Cole Slaw Applesauce; Milk</p> <p><u>Snack:</u> Yogurt & Fruit</p>	<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Pineapple; Milk</p> <p><u>Lunch:</u> Baked Ham Au gratin Potatoes Peas; Pineapple Milk</p> <p><u>Snack:</u> Baked Apples; Milk</p>	<p><u>Breakfast:</u> WW Pancakes (WGR) Pears; Milk</p> <p><u>Lunch:</u> Chicken Stir-Fry Rice; Pears; Milk</p> <p><u>Snack:</u> Cheese Stick Crackers</p>	<p><u>Breakfast:</u> Cold Cereal WW Toast (WGR) Tropical Fruit; Milk</p> <p><u>Lunch:</u> (Steak-Veteran's) Meat Loaf Baked Potato Tropical Fruit Roll; Milk</p> <p><u>Snack:</u> Cottage Cheese Fruit</p>	<p><u>Breakfast:</u> WW French Toast (WGR) Mandarin Oranges Milk</p> <p><u>Lunch:</u> Turkey/Cheese Sand. Baked Beans Mandarin Oranges Milk</p> <p><u>Snack:</u> Fresh vegs w/dip</p>
15	16	17	18	19
<p><u>Breakfast:</u> WW Pancakes (WGR) Pears; Milk</p> <p><u>Lunch:</u> Spaghetti with Meat Sauce Side Salad; Pears Roll; Milk</p> <p><u>Snack:</u> Cheese Stick/Crackers</p>	<p><u>Breakfast:</u> Cream of Wheat WW Toast (WGR) Fruit Cocktail; Milk</p> <p><u>Lunch:</u> Ham & Bean Soup Corn Bread Fruit Cocktail; Milk</p> <p><u>Snack:</u> Fresh Veggies; Dip</p>	<p><u>Breakfast:</u> WW French Toast (WGR) Mandarin Oranges Milk</p> <p><u>Lunch:</u> Cold Cut Sandwich Cole Slaw Mandarin Oranges Milk</p> <p><u>Snack:</u> Cottage Cheese Crackers</p>	<p><u>Breakfast:</u> Cold Cereal WW Toast (WGR) Peaches; Milk</p> <p><u>Lunch:</u> Turkey; Stuffing Mashed Potato Green Bean Cass. Yams; Peaches Pumpkin Pie Rolls; Milk</p> <p><u>Snack:</u> Baked Apples; Milk</p>	<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Pineapple; Milk</p> <p><u>Lunch:</u> Country Beef Cass. Peas Pineapple; Milk</p> <p><u>Snack:</u> Yogurt; Crackers</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
22	23	24	25	26
<p><u>Breakfast:</u> Cold Cereal WW Toast (WGR) Pears; Milk</p> <p><u>Lunch:</u> Chicken Noodle Soup Vegetables; Pears Roll; Milk</p> <p><u>Snack:</u> Cheese Sticks Crackers</p>	<p><u>Breakfast:</u> Oatmeal WW Toast (WGR) Applesauce; Milk</p> <p><u>Lunch:</u> Italian Cold Cut Sub Side Salad Applesauce; Milk</p> <p><u>Snack:</u> Yogurt & Fruit</p>	<p><u>Breakfast:</u> WW French Toast (WGR) Tropical Fruit; Milk</p> <p><u>Lunch:</u> Chicken Salad Sand Baked Beans Tropical Fruit; Milk</p> <p><u>Snack:</u> Fresh Vegetables Dip</p>	<p>HAPPY</p> <p>THANKSGIVING</p> <p>(CLOSED)</p>	<p>HAPPY</p> <p>FRI-YAYYYYYY!</p> <p>(CLOSED)</p>
29	30			
<p><u>Breakfast:</u> WW French Toast (WGR) Peaches; Milk</p> <p><u>Lunch:</u> Cold Cut Sandwich Baked Beans Peaches; Milk</p> <p><u>Snack:</u> Cottage Cheese Fruit</p>	<p><u>Breakfast:</u> WW Pancakes (WGR) Fruit Cocktail; Milk</p> <p><u>Lunch:</u> Tater Tot Casserole Whole Kernel Corn Fruit Cocktail; Milk</p> <p><u>Snack:</u> Fresh Vegetables Dip</p>		<p>100% Whole Grain Servings are at Breakfast Daily.</p> <p>1% unflavored Milk served daily at breakfast and lunch</p>	<p>Color Key: Purple: Breakfast 8:30am-9:15am</p> <p>Green: Lunch 12:00pm</p> <p>Red: Snack 2:45pm</p>