

Elderhaus and Mindset November 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Rolls or bread are served with lunch daily.</p> <p>Whole Grain (WGR) Requirement is served at Breakfast Daily.</p> <p>1% unflavored Milk served daily at breakfast and lunch</p>		<p>Breakfast: WW French Toast (WGR) ½ Banana Milk</p> <p>Lunch: Zuppa Toscana Soup with Italian Sausage Garden Salad w/ Cucumbers Roll, Apricots Milk</p> <p>Snack: Asian Slaw and Mandarin Oranges</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) Applesauce Milk</p> <p>Lunch: Chicken Enchilada Casserole Chuck Wagon Corn Fresh Fruit Milk</p> <p>Snack: Bean and Cheese Tostada</p>	<p>Breakfast: WW Pancakes (WGR) Pineapple Milk</p> <p>Lunch: Country Beef Over Rice Peas Fruit Cocktail Milk</p> <p>Snack: Juice and Crackers</p>
6	7	8	9	10
<p>Breakfast: WW French Toast (WGR) ½ Banana Milk</p> <p>Lunch: Shepherd's Pie w/ Ground Beef Mixed Veggies Roll Fruit Cocktail Milk</p> <p>Snack: Cottage Cheese and Fruit</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Lasagna Soup w/ Ground Beef Side Salad w/ Cucumbers Roll, Pears, Milk</p> <p>Snack: Cucumber Slices with Dip and Grapes</p>	<p>Breakfast: WW Pancakes (WGR) Pineapple Milk</p> <p>Lunch: Chicken Curry w/ Rice Broccoli Normandy Naan Bread Apricots Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: Hard Boiled Egg WW Toast (WGR) Peaches Milk</p> <p>Lunch: Stuffed Bell Pepper Soup w/ Ground Beef and Rice Side Salad Roll Fresh Fruit Milk</p> <p>Snack: Juice and Crackers</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Pineapple, Milk</p> <p>Lunch: Grilled Ham and Cheese Sandwich Tomato Soup Pineapple Milk</p> <p>Snack: Apple Slices and Peanut Butter</p>
13	14	15	16	17
<p>Breakfast: WW Pancakes (WGR) Fruit Cocktail Milk</p> <p>Lunch: Goulash w/ Ground Beef and Elbow Mac Green Beans Roll, Apple Sauce Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: Scrambled Eggs WW Toast (WGR) Apricots Milk</p> <p>Lunch: Chicken Marsala w/ Fettuccini Side Salad w/ Tomatoes, Roll Fresh Fruit; Milk</p> <p>Snack: Juice and Crackers</p>	<p>Breakfast: WW French Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Pork Potato Green Chili w/ Tortilla Cinnamon Apple Slices Milk</p> <p>Snack: Yogurt and Fruit</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Apricots, Milk</p> <p>Lunch: Thanksgiving Dinner Turkey, Mashed Potatoes, Gravy, Stuffing, Green Bean Casserole, Yams, Roll, Relish Tray, Pumpkin Pie, Milk, Banana</p> <p>Snack: Juice and Crackers</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) ½ Banana; Milk</p> <p>Lunch: Meatloaf Mashed Potatoes w/ Gravy Peas, Roll Peaches, Milk</p> <p>Snack: Cucumber Slices with Dip and Grapes</p>
20	21	22	23	24
<p>Breakfast: Cream of Wheat WW Toast (WGR) Tropical Fruit Milk</p> <p>Lunch: Chicken Noodle Soup Green Beans Roll Pineapple Milk</p> <p>Snack: Cottage Cheese and Fruit</p>	<p>Breakfast: WW French Toast (WGR) Fruit Cocktail Milk</p> <p>Lunch: Country Beef Over Rice Corn Fruit Cocktail Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Apricots, Milk</p> <p>Lunch: Italian Sub Sandwich Side Salad with Cucumbers ½ Banana Milk</p> <p>Snack: Juice and Crackers</p>	<p>Closed for Thanksgiving</p>	<p>Closed for Thanksgiving</p>
26	27	28	29	30
<p>Breakfast: Baked Oatmeal WW Toast (WGR) ½ Banana Milk</p> <p>Lunch: Chicken and Sausage Gumbo w/ Rice Cole Slaw Pears, Milk</p> <p>Snack: Juice & Crackers</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Apricots, Milk</p> <p>Lunch: German Pork Roast (Schweinebraten) Pickled Red Cabbage Dill Mashed Potatoes Roll, Applesauce Milk</p> <p>Snack: Cottage Cheese and Fruit</p>	<p>Breakfast: WW Pancakes (WGR) Fresh Fruit Milk</p> <p>Lunch: Chili Con Carne Corn Bread Peaches Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: Hard Boiled Egg WW Toast (WGR) Pineapple Milk</p> <p>Lunch: BBQ Chicken Sandwich Baked Beans Baked Apple Slices Milk</p> <p>Snack: Asian Slaw and Mandarin Oranges</p>	<p>Breakfast: WW French Toast(WGR) Fresh Fruit Milk</p> <p>Lunch: Beef Stroganoff w/ Ground Beef and Egg Noodles Peas Roll Fruit Cocktail Milk</p> <p>Snack: Yogurt and Fruit</p>