### NOVEMBER 2019 LUNCH MENU

**Lunch is served at Noon daily.  
**** PLEASE SIGN IN BY 11:45. If you're going to be later, call us before 11:45.  ****

Please reserve by WEDNESDAY, NOON for Monday and by FRIDAY, NOON for Tues—Friday

**COST:**
- $4 Age 55 - 59
- $2 - $4 suggested donation Age 60+

### HAPPY FALL JOURNEY’S WAY!

#### 1 Cold Lunch
- Seafood salad
- Green bean salad
- Peach applesauce

#### 2 Cold Lunch
- Butter Crumb Fish
- Garlic kale & spinach
- Ratatouille
- Peach Applesauce

#### 3 Cold Lunch
- Cheeseburger
- Potato wedges
- Fiesta corn
- Orange

#### 4 Cold Lunch
- Grilled chicken salad
- Macaroni salad
- Cinnamon applesauce

#### 5 Cold Lunch
- Spanish omelet
- Zucchini & corn
- Diced potatoes
- Cinnamon applesauce

#### 6 Cold Lunch
- Chicken veggie rotini
- Southwest chicken salad
- Marinated carrot salad
- Pudding

#### 7 Cold Lunch
- Chicken and cheddar pita
- Health salad
- Pineapple

#### 8 Cold Lunch
- Egg salad platter
- Summer salad
- Veggie pasta salad
- Fruit cocktail

#### 9 Cold Lunch
- Lentil soup
- Tilapia w/lemon & capers
- Parsley potatoes
- Broccoli
- Marble muffin

#### 10 Cold Lunch
- Assorted deli sandwich
- Couscous salad
- Italian veggie blend
- Apple

#### 11 Cold Lunch
- Garlicky brown sugar chicken
- Sweet potato cube
- Snap peas, apple

#### 12 Cold Lunch
- Minestrone soup
- Minestrone, Meatloaf
- Whipped potatoes
- Carrots, choco chip cookie

#### 13 Cold Lunch
- Chicken, tomato salad
- Bowtie pasta salad
- Peaches

#### 14 Cold Lunch
- Seven layer salad
- Marinated cucumber salad
- Diced pears

#### 15 Cold Lunch
- Turkey salad platter
- Carrot & raisin salad
- Mandarin oranges

#### 16 Cold Lunch
- Minestrone, Meatloaf
- Whipped potatoes
- Mixed veggies
- Peaches

#### 17 Cold Lunch
- Grilled chicken w/wine sauce
- Brussel sprouts
- Beets, pear

#### 18 Cold Lunch
- Sweet & Sour Chicken
- Brown Fried Rice
- Oriental veggies
- Orange

#### 19 Cold Lunch
- Minestrone soup
- Minestrone, Meatloaf
- Whipped potatoes
- Carrots, choco chip cookie

#### 20 Cold Lunch
- Chicken salad waldorf
- Diced apples
- 3 bean salad, Applesauce

#### 21 Cold Lunch
- Tuna salad platter
- Broccoli salad
- Fruit cocktail

#### 22 Cold Lunch
- Turkey and swiss
- Coleslaw
- Pineapple

#### 23 Cold Lunch
- Roast beef special
- Dill cucumber salad
- Diced pears

#### 24 Cold Lunch
- Asian Chicken salad
- Sesame pasta salad
- Pear

#### 25 Cold Lunch
- Turkey w/herb apple glaze
- Brussel sprouts
- Beets, pear

#### 26 Cold Lunch
- Asian Chicken salad
- Sesame pasta salad
- Pear

#### 27 Cold Lunch
- Roast beef special
- Dill cucumber salad
- Diced pears

#### 28 Cold Lunch
- Fajita chicken, Spanish rice
- Snap peas, tossed salad
- Diced pears

#### 29 Cold Lunch
- Tomato and rice soup
- Herb roasted chicken
- Rosemary red potatoes
- Green beans
- Sugar cookie

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