

# November 2024

## Elder Services of Worcester Area Nutrition Program

### MENU SUBJECT TO CHANGE

#### **Friday 1st**

Cranberry Chicken Salad

Three Bean Salad

Pasta Salad

Fresh Fruit

Hot Dog Roll

#### **Monday 4th**

Pork Rib-i-que

Mac N Cheese

Mixed Vegetables

Pineapple

Sandwich Roll

#### **Tuesday 5th**

Sloppy Joe

Seasoned Potatoes

Green Beans

Fresh Fruit

Sandwich Roll

#### **Wednesday 6th**

Chicken Cacciatore

Gemmeli Pasta

Roasted Broccoli

Cookies

Italian Bread

#### **Thursday 7th**

Salisbury Steak with Gravy

Mashed Potatoes

Corn

Carrot Cake

Marble Rye Bread

#### **Friday 8th**

Fish with Crumb Topping

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Rice Pilaf  
Tuscany Style Vegetables  
Fruited Ambrosia  
Whole Wheat Bread  
Tartar Sauce

### **Monday 11th**

VETERAN'S DAY

No Meals Served

### **Tuesday 12th**

Swedish Meatballs  
Mashed Potatoes  
Scandinavian Vegetables  
Fresh Fruit  
Marble Rye Bread

### **Wednesday 13th**

Roast Pork with Gravy  
Cranberry Stuffing  
Country Blend Veg.  
Apple Crisp  
Pumpnickel Bread

### **Thursday 14th**

Potato Crunch Fish  
Herbed Potatoes  
Peas and Onions  
Mixed Fruit  
Whole Wheat Bread  
Tartar Sauce

### **Friday 15th**

Garlic Herbed Chicken  
Herbed Stuffing  
Roast Brussels Sprouts  
Lemon Pudding  
Marble Rye Bread

### **Monday 18th**

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Chicken Pot Pie  
Mashed Potatoes  
Corn Niblets  
Peaches  
Biscuit

### **Tuesday 19th**

Hot Dog on Bun  
Baked Beans  
Coleslaw  
Baked Apples  
Mustard

### **Wednesday 20th**

Stuffed Pepper Casserole  
Garlic Mashed Potatoes  
Carrots  
Lorna Doones  
Marble Rye Bread

### **Thursday 21st**

Chicken Tikki Masala  
Lemon Seasoned Rice  
Broccoli  
Birthday Cake  
Pumpnickel Bread

### **Friday 22d**

Braised Beef  
Gemelli Pasta  
Green Beans  
Fresh Orange  
Italian Bread

### **Monday 25th**

Chicken Pesto  
Rice Pilaf  
Glazed Carrots  
Fresh Fruit

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## Elder Services of Worcester Area Nutrition Program

Pumpnickel Bread

### **Tuesday 26th**

Roast Turkey with Gravy

Cornbread Stuffing

Butternut Squash

Cheesecake Mousse

Italian Bread

### **Wednesday 27th**

Spaghetti and Meatballs

Marinara Sauce

Green Beans

Cinnamon Pears

Italian Bread

### **Thursday 28th**

THANKSGIVING DAY

No Meals Served

### **Friday 29th**

Jambalaya

Steamed Rice

Green Peas

Pineapple

Whole Wheat Bread