508-852-3205
Ext. 290

November 2026

ESWA Nutrition Program
www.eswa.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **American Chop Suey** Green Beans Roasted California Blend Fresh Fruit Pumpernickel Bread	**3** **Hot Dog on Bun** Baked Beans Coleslaw Baked Apples Mustard	**4** **Chicken Pot Pie** Mashed Potatoes Mixed Vegetables Lorna Doone Cookies Biscuit	**5** **Baked Potato with Vegetarian Chili & Cheese** Broccoli Chocolate Mousse Whole Wheat Bread Sour Cream	**6** **Meatballs w/Onion Gravy** Bowtie Pasta Scandinavian Vegetables Fruited Ambrosia Dinner Roll
9 **Garlic Herbed Chicken** Rice Pilaf Jardiniere Vegetables Pear Crisp Diet = Applesauce Italian Bread	**10** **Shepherd's Pie** Carrots Green Beans Fresh Fruit Marble Rye Bread	**11** **Veteran's Day** *No Meal Served*	**12** **Meatloaf w/Gravy** Garlic Mashed Potatoes Chuckwagon Corn Blueberry Mousse Whole Wheat Bread	**13** **Cracker Crumb Fish** Lemon Seasoned Rice Mixed Vegetables Mandarin Oranges Pumpernickel Bread Tartar Sauce
16 **Fritatta** O'Brien Potatoes Stewed Tomatoes Blueberries Marble Rye Bread	**17** **Teriyaki Beef** Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread	**18** **Salisbury Steak w/Gravy** Garlic Mashed Potatoes Italian Blend Vegetables Brownie Diet = Cookies Sandwich Roll	**19** **Ham Cheese Chicken Bake** Red Bliss Potatoes Green Beans Birthday Cake Diet = Half Piece Italian Bread	**20** **Burgundy Pork** Herbed Potatoes Honey Glazed Carrots Applesauce Dinner Roll
23 **Macaroni & Cheese** Stewed Tomatoes Mixed Vegetables Peaches Italian Bread	**24** *Holiday Meal* **Turkey w/Gravy** Cornbread Stuffing Winter Squash Pumpkin Mousse Dinner Roll	**25** **Marinated Pork Loin** Mashed Potatoes Brussels Sprouts Apple Crisp Diet = Applesauce Biscuit	**26**  *No Meal Served*	**27** **White Bean Chicken Chili** Brown Rice Green Beans Fresh Fruit Whole Wheat Bread
30 **Chicken Stir Fry** Rice Pilaf Corn Niblets Fresh Fruit Pumpernickel Bread				

MENU SUBJECT TO CHANGE

Your $3.00 Donation is Appreciated!