

# Council on Aging November 2022 HDM Menu

	1	2	3	4
	Chili Con Carne Corn Rice Corn Muffin Orange Slices 2% Milk	Sliced Ham w/Raisins Buttered Chopped Collards Great Northern Beans Canned Fruit Yeast Roll w/Marg. 2% Milk	Chicken Fajitas Sauteed Onions/Peppers Lettuce, Tom. Cheese Mexican Rice Tortilla Fresh Fruit 2% Milk	Sloppy Joe on Bun Slaw Parsley Potatoes Warm Canned Fruit 2% Milk
7	8	9	10	11
Chicken Pot Pie/Peas/Carrots Baby Lima Beans Broccoli Salad Banana Bread 2% Milk	Beef Tips w/Gravy Green Beans Brown Rice Canned Fruit Cookies 2% Milk	Chicken Bites w/FF Ranch Slaw Carrots Yeast Roll w/Marg. Warm Canned Fruit 2% Milk	Pulled Pork on Bun Okra and Tomatoes Mandarin Oranges Cookies 2% Milk	COA CLOSED  
14	15	16	17	18
Steakburger on Bun/Cheese Broccoli Salad Stewed Apples Cookies 2% Milk	Sliced Ham Mashed Sweet Potatoes Green Beans Yeast Roll w/Marg. Canned Fruit 2% Milk	Pinto Beans Okra and Tomatoes Macaroni and Cheese Corn Muffin Orange Slices 2% Milk	Baked Ziti Tossed Salad w/Tom. Cukes Carrots Yeast Roll w/Marg. FF Dressing 2% Milk	BBQ Chicken Breast Mashed Potatoes Lima Beans Wheat Roll Cupcake 2% Milk
21	22	23	24	25
Chicken Rice Casserole Buttered Spinach Squash and Zucchini Wheat Roll w/Marg. 2% Milk	Meatloaf w/Gravy Chopped Collards w/Vinegar Buttered Macaroni Yeast Roll w/Marg. Canned Fruit 2% Milk	Pork Loin w/Gravy Stewed Apples Red Bliss Potatoes Yeast Roll w/Marg. Cookies 2% Milk	COA Closed	COA Closed  
28	29	30		If you have any questions or need to cancel your meal Contact: Barbara Woody 919-542-4512 ext. 232
Beef Stew/Peas/Carrots Chopped Spinach w/Vinegar Fruit Yogurt Biscuit w/Marg. 2% Milk	Chicken Bites w/Gravy Green Beans Sweet Potatoes Dinner Roll w/Marg. Cupcake 2% Milk	Pulled Pork on Bun Slaw Red Bliss Potatoes Warm Stewed Apples 2% Milk		