




# CHATHAM COUNTY AGING SERVICES NOVEMBER 2023 MENU

**Caution: Any of our meals may contain one or more of the following food allergens: Milk, Wheat, Eggs, Soy, Shellfish, Sesame, Peanuts, Tree Nuts or Fish**

		1	2	3
If you have any questions or need to cancel your meal Contact: Barbara Woody 919-542-4512 ext. 232		Sliced Ham w/Raisins Buttered Chopped Collards Great Northern Beans Yeast Roll w/Marg. Canned Fruit 2% Milk	Chicken Fajitas on Tortilla Onions and Peppers Lettuce, Tomato, Cheese Mexican Rice Fresh Fruit 2% Milk	Sloppy Joe on Bun Parsley Potatoes Slaw Warm Fruit 2% Milk
6	7	8	9	10
Chicken Pot Pie Baby Lima Beans Broccoli Salad Banana Bread 2% Milk	Beef Tips w/Gravy Brown Rice Green Beans Canned Fruit Cookies 2% Milk	Chicken Bites w/Dip Slaw Yeast Roll w/Marg. Warm Fruit 2% Milk	Steakburger on Bun Lettuce, Tomato, Onion Corn Warm Apple Crisp Lite Mayo 2% Milk	CLOSED FOR VETERANS DAY 
13	14	15	16	17
Steakburger on Bun Broccoli Salad Stewed Apples Cookies 2% Milk	Sliced Ham Green Beans Mashed Sweet Potatoes 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/FF Dressing Carrots Yeast Roll w/Marg. 2% Milk	BBQ Chicken Breast Mashed Potatoes Lima Beans Wheat Roll Cupcake 2% Milk
20	21	22	23	24
Chicken Rice Casserole Buttered Spinach Squash and Zucchini Wheat Roll w/Marg. 2% Milk		Pork Loin w/Gravy Red Bliss Potatoes Stewed Apples Yeast Roll w/Marg. Cookies 2% Milk	CLOSED FOR THANKSGIVING 	CLOSED FOR THANKSGIVING 
27	28	29	30	
Beef Stew Chopped Spinach Biscuit w/Marg. Fruit Yogurt Vinegar 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 Stewed Apples 2% Milk	Baked Ziti Tossed Salad w/FF Dressing Corn Wheat Roll w/Marg. 2% Milk	