



SENIOR PROGRAMS @ VAN TASSELL HOUSE
M E N U
NOVEMBER 2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>BARBARA TABERER</u> <u>PROGRAM DIRECTOR</u> <u>2 3 2—0 8 0 7</u></p>	<p>1 EGGPLANT PARM PASTA W/TOMATO SAUCE BROCCOLI FLORETS MILK ITALIAN BREAD MILK SEASONAL FRUIT</p>	<p>2 ITALIAN CHICKEN SAU- SAGE PEPPERS & ONIONS ROASTED POTATOES CLUB ROLL MILK MANDARIN ORANGE SEGS</p>	<p>3 BEEF STEW BUTTERED NOODLES SPINACH DINNER ROLL MILK BROWNIE</p>	<p>4 FLOUNDER OREGANATA ORZO PILAF MIXED MED VEGGIES MILK MULTIGRAIN SEASONAL FRUIT</p>
<p>7 BONELESS PORK CHOP GREEN BEANS ROASTED SWEET TATERS MILK WHOLE WHEAT SLICED PEARS</p>	<p>8 <u>ELECTION DAY</u> <u>SITE CLOSED/NO MEALS</u></p> 	<p>9 CHICKEN MARSALA LINGUINE W/OLIVE OIL LEMON GARLIC BROCCOLI MILK ITALIAN BREAD SLICED PEACHES</p>	<p>10 MEATLOAF & GRAVY MASHED POTATOES PEAS & CARROTS MILK DINNER ROLL APPLE PIE</p>	<p>11 <u>VETERANS DAY</u> <u>SITE CLOSED/NO MEALS</u></p> 
<p>14 SALISBURY STEAK W/ GRAVY ROASTED POTATOES SAUTEED RED CABBAGE MILK WHOLE WHEAT OATMEAL COOKIES</p>	<p>15 CHICKEN CALIFORNIA BROWN RICE MED MIXED VEGGIES MILK MULTIGRAIN SEASONAL FRUIT</p>	<p>16 <u>HAPPY CHEF</u> <u>CHEF FRANZ'S CHOICE</u></p>	<p>17 <u>HOME DELIVERED</u> <u>MEALS ONLY</u> <u>NORTH WESTCHESTER</u> <u>RESTORATIVE THERAPY</u> <u>SENIOR LUNCHEON TRIP</u></p>	<p>18 TILAPIA WITH LEMON BUTTER SAUCE BUTTERED GRITS CARROTS MILK SEEDLESS RYE PINEAPPLE CHUNKS</p>
<p>21 PEPPERS, ONIONS & CHEESE FRITTATA HOME FRIED POTATOES ZUCCHINI & TOMATOES MILK ITALIAN FRUIT</p>	<p>22 BEEF CHILI WHITE RICE MIXED VEGGIES MILK WHOLE WHEAT BUTTERSCOTCH PUDDING</p>	<p>23 HOME DELIVERED MEALS ONLY—NO LUNCH BEING SERVED AT NUTRITION SITE <u>HAPPY THANKSGIVING !!!</u></p>	<p>24 <u>THANKSGIVING DAY</u> <u>SITE CLOSED/NO MEALS</u></p> <p>25 <u>HOLIDAY</u> <u>SITE CLOSED—NO MEALS</u></p> 	
<p>28 CRISPY BAKED COD TARTAR SAUCE QUINOA W/KALE MILK GLAZED CARROTS RYE FRUIT COCKTAIL</p>	<p>29 SWEDISH MEATBALLS WITH GRAVY BUTTERED NOODLES SPINACH WHOLE WHEAT MILK SEASONAL FRUIT</p>	<p>30 HERBED LEMON CHICKEN GRAVY ROASTED POTATOES GREEN BEANS MILK MULTIGRAIN SLICED PEACHES</p>	<p><u>PLEASE BE SURE TO NOTI- FY THE NUTRITION STAFF OF ANY FOOD ALLERGIES YOU MAY HAVE</u></p>	<p>CHECK OUT OUR LARGE PRINT LIBRARY</p> 