

Tri-Valley, Inc. November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
~ Menu Subject to Change ~	1 Chicken w/ Asparagus Delmonico Potatoes Honey Glazed Carrots Mixed Fruit Tomato Rice Soup	2 American Chop Suey Broccoli & Red Peppers Baked Apples	3 Hot Dog on Bun Baked Beans Cold Potato Salad Fresh Fruit	4 Catch of the Day Rice Pilaf California Vegetables Pudding Diet Pudding
7 Lemon Thyme Chicken Sour Cream & Chive Potato Mixed Vegetables Cookie	8 Beef Patty with Jardinere Sauce Mashed Potatoes Corn Fresh Fruit	9 Herb Roasted Pork Potatoes Au Gratin Spinach Applesauce Yogurt	10 Spaghetti & Meatballs Green Beans Peaches	11 <u>Veteran's Day</u> <i>No Meal Served</i>
14 Turkey Pot Pie w/ Biscuit Mashed Potatoes Green Beans Mixed Fruit	15 Greek Chicken Steamed White Rice Broccoli Tapioca Diet = Diet Tapioca	16 Meatloaf & Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit	17 Macaroni & Cheese Carrots Stewed Tomatoes Birthday Cake Diet=Plain Birthday Cake	18 Breaded Fish Potatoes Au Gratin Mixed Vegetables Pineapple Vegetarian Vegetable Soup
21 Vegetable Cheese Bake Roman Vegetables Fresh Fruit	22 <u>HOLIDAY MEAL</u> Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Stuffing Cranberry Sauce Cream Puffs - Congregate Vanilla Mousse - Home	23 Chicken Murphy Seasoned Potatoes Country Blend Vegetables Pears	24 <u>Thanksgiving Day</u> <i>No Meal Served</i>	25 Pork Chow Mein Brown Rice Oriental Blend Vegetables Mandarin Oranges
28 Chicken Sausage Jambalaya Rice Pilaf Green Peas Pineapple	29 Meatballs w/Onion Gravy Egg Noodles Winter Mix Vegetables Yogurt	30 Salisbury Steak Mashed Potatoes Peas & Carrots Apple Crisp (Cold) Diet = Applesauce	Meal Sites: Franklin 508-520-1422, Northbridge 508-234-2002 Spencer 508-885-3904, Upton 508-529-9094, Dudley 508-949-6640 Southbridge 508-764-1469, Oxford 508-987-6000, Milford 508-478-8102 Uxbridge 774-482-6174, Sutton 508-234-0703, Sturbridge 508-347-5063 West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by Central Mass Agency on Aging & MA Office of Elder Affairs	