

# CCS Nutrition Calendar

# NOVEMBER



Mon	Tue	Wed	Thu	Fri
			<p><i>Please call in Fri. lunch orders by Thurs. at 1:00 p.m. They must be paid in advance unless other arrangements have been made.</i></p>	<p><b>1</b> Roast Beef Sandwich Soup Milk Dessert</p>
<p><b>4</b> BBQ Pork Roll Coleslaw Potato Orange</p>	<p><b>5</b> Chicken Margarita Creamy Noodles Green Salad Peach Cobbler</p>	<p><b>6</b> Beef and Pepper Steak Diced Red Potatoes Cooked Rhubarb</p>	<p><b>7</b> Ham Macaroni Bake Key West Vegetable Roll Apple</p>	<p><b>8</b> Chef Salad Roll Soup Milk Cookie</p>
<p><b>11</b> <b>NO CCS MEAL TODAY</b>  Senior Center Open  <b>VETERANS DAY</b></p>	<p><b>12</b> Beef Chili Colorado Beans and Rice Broccoli &amp; Cauliflower Tortilla Chips Ice Cream</p>	<p><b>13</b> Vegetable Cobb Salad Breadstick Peaches</p>	<p><b>14</b> Oven Fried Chicken Potatoes &amp; Gravy Broccoli Roll Orange</p>	<p><b>15</b> Ham &amp; Cheese Sand. Soup Milk Dessert</p>
<p><b>18</b> Pork Luau Rice w/Soy sauce Coleslaw Tropical Fruit Salad Hawaiian Roll</p>	<p><b>19</b> Fish Sandwich Baked Red Potato Broccoli &amp; Cauliflower Orange</p>	<p><b>20</b> Chicken Fajitas Pinto Beans Mexican Rice Flour Tortilla Peaches <b>20</b></p>	<p><b>21</b> Roast Turkey Potatoes &amp; Gravy Cranberry Sauce Green Beans Sweet Potatoes Roll &amp; Apple Pie</p>	<p><b>22</b> Club Wrap Soup Milk Cookie</p>
<p><b>25</b> Vegetable Lasagna Broccoli Baked Apple</p>	<p><b>26</b> Beef and Bean Burrito Brown Rice Pinto Beans Strawberries &amp; Yogurt</p>	<p><b>27</b> Pork Tenderloin Bake Collard Greens Potato Grapes Oatmeal Raisin Cookie</p>	<p><b>28</b> CENTER CLOSED  </p>	<p><b>29</b> Chef Salad Roll Soup Milk Dessert</p>