

Mon	Tue	Wed	Thu	Fri	
 <p><i>May the good things of life be yours in abundance not only at Thanksgiving, but throughout the coming year.</i></p>				<p>Friday lunches are provided by Franke Tobey Jones. If you want one, please order and pay for it the Monday before the Friday you want.</p>	<p>1 <b>FTJ Meals</b>            Chef Salad            Dinner Roll &amp; Margarine            Butterscotch Pudding Cup</p>
<p>4 <b>Pork Luau</b>            Rice            Pineapple Coleslaw            Hawaiian Roll            Tropical Fruit Salad</p>	<p>5 <b>Philly Cheese Sandwich</b>            Brussel Sprouts            Grapes</p>	<p>6 <b>Baja Chicken</b>            Black Bean, Corn,            Rice Salad            Ice Cream &amp; Pineapple Sauce</p>	<p>7 <b>Meatloaf</b>  <b>Potatoes &amp; Gravy</b>            Carrots            Oranges            Brownie</p>	<p>8 <b>Lemon Tarragon Tuna</b>            Salad on Bun            Potato Chips            Fresh Fruit            Cookie</p>	
<p>11 <b>Swiss Cheese Burger</b>            Lettuce &amp; Tomatoes            Green Beans            Wedge Fries            Mixed Berries</p> 	<p>12 <b>Chicken Cheese Taco</b>            Cauliflower            Salsa            Sour Cream            Caramelized Bananas</p>	<p>13 <b>Turkey Meatloaf</b>            Potato W Sour Cream            Broccoli            Oatmeal Raisin Cookie</p>	<p>14 <b>Tuna Melt</b>  <b>Pea Onion &amp; Tomato Salad</b>  <b>W/ Cheese</b>            Grapes</p>	<p>15 <b>Italian Wrap</b>            Pasta Salad            Fresh Fruit            Pudding Cup</p>	
<p>18 <b>Chicken Cacciatore</b>            Zucchini &amp; Tomato            Medley            Wheat Roll            Pears</p>	<p>19 <b>Beef Noodle Soup</b>            Pineapple Coleslaw            Oatmeal cookie            Orange</p>	<p>20 <b>Beef Macaroni</b>            Broccoli            Wheat Roll            Applesauce</p>	<p>21 <b>Roast Turkey</b>  <b>Mashed Potato &amp; Gravy</b>            Green Beans            Cranberry Sauce            Wheat Roll            Pumpkin Pie</p> 	<p>22 <b>Turkey &amp; Swiss on</b>            Wheat            Potato Chips            Fresh Fruit            Cookie</p>	
<p>25 <b>Split Pea Soup</b>            1/2 Ham &amp; Cheese            Sandwich            Apple Crisp</p>	<p>26 <b>Fish Sandwich</b>            Broccoli &amp; Cauliflower            Orange            Vanilla Ice Cream</p>	<p>27 <b>Pork Chops</b>  <b>With Apples</b>  <b>Cucumber Tomato</b>  <b>Feta Salad</b>            Rice Pudding</p>	<p>28 <b>Thanksgiving Day</b></p>  <p><b>WE WILL BE</b>  <b>CLOSED</b>  <b>FOR</b>  <b>THANKSGIVING</b></p>	<p>29 <b>Ham &amp; Cheddar</b>  <b>Sandwich</b>  <b>Macaroni Salad</b>            Fresh Fruit            Brownie</p>	

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				<p><b>Wild Rice Chicken Soup</b>                      Calories= 760                      Carbs=75                      Sodium=590</p>
<p><b>Pork Luau</b>                      Calories= 980                      Carbs= 112                      Sodium= 580</p>	<p><b>Philly Steak Sandwich</b>                      Calories=800                      Carb= 79                      Sodium=680</p>	<p><b>Baja Chicken</b>                      Calories= 770                      Carbs=81                      Sodium=400</p>	<p><b>Meatloaf</b>                      Calories = 710                      Carbs=67                      Sodium= 580</p>	<p><b>Fish &amp; Chips</b>                      Calories=670                      Carb=92                      Sodium=530</p>
	<p><b>Chicken Cheese Taco</b>                      Calories=660                      Carb=72                      Sodium=640</p>	<p><b>Turkey Meatloaf</b>                      Calories=770                      Carb=79                      Sodium=750</p>	<p><b>Tuna Melt</b>                      Calories=700                      Carbs=61                      Sodium=660</p>	<p><b>Beef Stir Fry</b>                      Calories=770                      Carb= 79                      Sodium=780</p>
<p><b>Chicken Cacciatore</b>                      Calories =660                      Carb=89                      Sodium=660</p>	<p><b>Beef Noodle Soup</b>                      Calories= 727                      Carb=104                      Sodium= 700</p>	<p><b>Beef Macaroni</b>                      Calories=760                      Carb=85                      Sodium=730</p>	<p><b>Roast Turkey</b>                      Calories= 950                      Carb=124                      Sodium=1170</p>	<p><b>Pancakes</b>                      Calories = 790                      Carbs = 95                      Sodium = 700</p>
<p><b>Split Pea Soup</b>                      Calories = 790                      Carbs = 101                      Sodium = 750</p>	<p><b>Fish Sandwich</b>                      Calories= 760                      Carbs=98                      Sodium= 730</p>	<p><b>Pork Chops                      W/ Apples</b>                      Calories= 680                      Carb=54                      Sodium=550</p>		