

NOVEMBER 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS				
<p>Low Center Hours (LC)</p> <p>Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)</p> <p>Buffet Breakfast 7:30 - 9:00 a.m. (November 29)</p>	<p>Front Street Crossing (FSC)</p> <p>Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)</p>			
<p>Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.</p>				
<p>National Nacho Day 6</p> <p>Main Entrée* Beef Nachos Diced Tomatoes / Green Onions Nacho Cheese Sauce Sour Cream / Salsa Rice Pudding</p> <p>Café Entrée Chicken & Waffles</p> <p>Café Fresh Salad Custom Salad</p>	<p>National Pickle Day 7</p> <p>Main Entrée* Tilapia Long Grain Wild Rice California Blend Vegetables Wheat Bread Fruit</p> <p>Café Entrée Loaded Potato Skins</p> <p>Café Fresh Salad COA Salad</p>	<p>National Fried Clams Day 1</p> <p>Main Entrée* Chicken Fajitas Mexican Rice Refried Beans Tortilla Chips & Salsa Fruit</p> <p>Café Entrée Fried Clams</p> <p>Café Fresh Salad Beef Taco Salad</p>	<p>2</p> <p>Main Entrée* Baked Penne w/ Sausage Italian Vegetables Garlic Breadstick Cake</p> <p>Café Entrée Grilled Cheese</p> <p>Café Fresh Salad Mediterranean Salad</p>	<p>National Sandwich Day 3</p> <p>Main Entrée* Salisbury Steak Mashed Redskins w Gravy Broccoli Wheat Roll Grapes</p> <p>Café Entrée California Ruben</p> <p>Café Fresh Salad Fruit Salad</p>
<p>National Vanilla Cupcake Day 13</p> <p>Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy California Blend Vegetables Vanilla Cupcake</p> <p>Café Entrée Chef's Special</p> <p>Café Fresh Salad Turkey Craisin Salad</p>	<p>National Pickle Day 14</p> <p>Main Entrée* Roasted Pork Tenderloin Stuffing Dilled Baby Carrots Wheat Roll Turtle Brownies</p> <p>Café Entrée Cheeseburger w/ Pickle</p> <p>Café Fresh Salad Buffalo Chicken Salad</p>	<p>8</p> <p>Main Entrée* Dijon Pork w/ Apple Relish Dilled Redskins Green Beans Wheat Bread Cookie</p> <p>Café Entrée Pastalaya</p> <p>Café Fresh Salad Very Veggie Salad</p>	<p>9</p> <p>Main Entrée* Honey Mustard Chicken Rosemary Roasted Redskins Peas Wheat Roll Mandarin Oranges</p> <p>Café Entrée Pulled Pork Sandwich</p> <p>Café Fresh Salad Cottage Cheese w/ Fruit</p>	<p style="background-color: #f4cccc;">Veterans Day Meal 10</p> <p>Main Entrée* Chopped Steak w/ Mushrooms & Onions Mashed Potatoes / Corn Wheat Bread Jello</p> <p>Café Entrée Ruben</p> <p>Café Fresh Salad Tuna Salad</p>
<p>20</p> <p>Main Entrée* BBQ Chicken Thighs Baked Beans Corn Wheat Bread Pumpkin Mousse / Apricots</p> <p>Café Entrée BLT Wrap</p> <p>Café Fresh Salad Salad Trio</p>	<p>21</p> <p>Main Entrée* Pork Chop Supreme w/ Gravy Brown Rice Pilaf Green Beans & Mushrooms Wheat Roll Apple Crisp</p> <p>Café Entrée Tuna Melt</p> <p>Café Fresh Salad Custom Salad</p>	<p>15</p> <p>Main Entrée* Enchiladas Refried Beans Roasted Corn & Black Beans Tortilla Chips & Salsa Fruit</p> <p>Café Entrée Mostaccioli</p> <p>Café Fresh Salad COA Salad</p>	<p>16</p> <p>Main Entrée* Veal Parmesan Noodles Tuscan Vegetables Breadstick / Banana Cinnamon Apple Cake</p> <p>Café Entrée Hot Turkey Sandwich</p> <p>Café Fresh Salad Chicken Taco Salad</p>	<p style="background-color: #f4cccc;">Thanksgiving Dinner 17</p> <p>Main Entrée* Roast Turkey Mashed Potatoes w/ Gravy Green Bean Casserole Wheat Roll Pumpkin Pie</p> <p>Café Entrée No Café Entrée</p> <p>Café Fresh Salad No Café Salad</p>
<p>22</p> <p>Main Entrée* Tilapia Garden Rice Blend Winter Blend Vegetables Wheat Bread Chocolate Chip Cookie</p> <p>Café Entrée Meatloaf</p> <p>Café Fresh Salad BLT Salad</p>	<p>23</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED for Thanksgiving</p>	<p>24</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED for the Thanksgiving Holiday</p>		
<p>27</p> <p>Main Entrée* Sweet & Sour Chicken Fried Rice Snap Peas Wheat Bread Cake</p> <p>Café Entrée Soup in a Bread Bowl</p> <p>Café Fresh Salad Mediterranean Salad</p>	<p>National French Toast Day 28</p> <p>Main Entrée* French Toast Turkey Sausage Maple Syrup Apple</p> <p>Café Entrée Italian Melt</p> <p>Café Fresh Salad Fruit Salad</p>	<p style="background-color: #fff9c4;">Hot Breakfast (LC) 29</p> <p>Main Entrée* Tuna Noodle Casserole Carrots Breadstick Mixed Fruit</p> <p>Café Entrée Hot Beef Sandwich</p> <p>Café Fresh Salad Mini Garden Salad</p>	<p>National Mousse Day 30</p> <p>Main Entrée* Meatloaf Mashed Potatoes w/ Gravy Baby Carrots Wheat Roll Mousse</p> <p>Café Entrée Boneless Wings</p> <p>Café Fresh Salad Cottage Cheese w/ Fruit</p>	

Menu is subject to change without notice.

***Daily vegetarian lunch option available upon request.*



Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA. (Suggested Donation per Meal: \$4.00)