Cass County COA
Enhancing Life

November 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Main Entrée*** Sweet & Sour Chicken Fried Rice Stir-Fry Vegetables Fortune Cookie **Café Entrée** Rachel Sandwich **Café Fresh Salad** Cheryl's Choice	**3** **Main Entrée*** Sloppy Joe on a Bun Corn Roasted Potatoes Cookie **Café Entrée** Cabbage Rolls **Café Fresh Salad** Chicken Taco Salad	**4** **Main Entrée*** Stuffed Peppers White Rice Vegetable Blend Dinner Roll Fruit **Café Entrée** BLT & Chips **Café Fresh Salad** Megan's Choice	**5** **Main Entrée*** Macaroni & Cheese California Blend Vegetables Breadstick Cookie **Café Entrée** Grilled Chicken Sandwich **Café Fresh Salad** Meat & Cheese Plate	National Nachos Day **6** **Main Entrée*** Beef Nachos Diced Tomatoes / Green Onions Nacho Cheese Sauce Sour Cream / Salsa Rice Pudding **Café Entrée** Chef's Special **Café Fresh Salad** Chef's Choice
9 **Main Entrée*** Shepherd's Pie Mashed Potatoes Green Beans Warm Dinner Roll Brownie **Café Entrée** Mini Tacos **Café Fresh Salad** Betty's Choice	**10** **Main Entrée*** Chicken Alfredo Penne Pasta Sicilian Vegetables Italian Breadstick Fruit **Café Entrée** Grilled Cheese **Café Fresh Salad** Tri Salad Plate	Veterans Day Meal **11** **Main Entrée*** Chopped Steak w/ Mushrooms & Onions Mashed Potatoes / Green Beans Dinner Roll Pudding **Café Entrée** Chicken Tenders **Café Fresh Salad** Turkey Craisin Salad	**12** **Main Entrée*** Country Apple Pork Sweet Potatoes Vegetable Blend Warm Dinner Roll Cake **Café Entrée** Chef Garcia's Chili **Café Fresh Salad** Greek Salad	**13** **Main Entrée*** Tuna Noodle Casserole Wax Beans Breadstick Mixed Fruit **Café Entrée** Chef's Special **Café Fresh Salad** Chef's Choice
16 **Main Entrée*** BBQ Chicken Thighs Baked Beans Corn Dinner Roll Apricots **Café Entrée** Macaroni & Cheese **Café Fresh Salad** Beef Taco Salad	**17** **Main Entrée*** Breaded Pork Chop Baked Potato w/ Sour Cream Fire Roasted Corn Artisan Roll Fruit Cobbler **Café Entrée** Stuffed Peppers **Café Fresh Salad** Buffalo Chicken Salad	**18** **Main Entrée*** Tilapia Garden Rice Blend Winter Blend Vegetables Chocolate Chip Cookie **Café Entrée** Birria Tacos **Café Fresh Salad** Chicken Bacon Ranch Salad	**19** **Main Entrée*** Baked Penne w/ Meatballs Italian Blend Vegetables Cheesy Breadstick Fruit **Café Entrée** Club Sandwich **Café Fresh Salad** Shrimp Salad	Thanksgiving Meal (11 am or 12:30 pm) **20** **Main Entrée*** Roast Turkey Mashed Potatoes w/ Gravy Green Bean Casserole Warm Dinner Roll Pumpkin Pie **Café Entrée** No Café Entrée **Café Fresh Salad** No Café Salad
23 **Main Entrée*** Orange Chicken Fried Rice Oriental Vegetables Cookie **Café Entrée** The Ross Sandwich **Café Fresh Salad** Fruit Salad	**24** **Main Entrée*** Cheese Omelet Sausage Links Breakfast Potatoes Banana **Café Entrée** Spaghetti & Meatballs **Café Fresh Salad** Betty's Choice	**25** **Main Entrée*** Philly Reuben Rosemary Redskin Potatoes Fiesta Corn Fruit **Café Entrée** Meatloaf **Café Fresh Salad** Waldorf Salad	**26** CLOSED for Thanksgiving	**27** CLOSED for the Thanksgiving Holiday
30 **Main Entrée*** Salisbury Steak Mashed Redskin Potatoes Broccoli Choice of Bread Homemade Cookie **Café Entrée** Buffalo Wings **Café Fresh Salad** BLT Salad				**Locations & Hours** **Lowe Center Hours (LC)** Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) **Front Street Crossing (FSC)** Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)

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)

Lowe Center: M-60 & Decatur Rd., Cassopolis / **Front Street Crossing:** 227 S. Front St., Dowagiac
(800) 323-0390 ▪ (269) 445-8110 ▪ casscoa.org ▪ Facebook.com/CassCOA