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November 2022 Menu Friedman JCC

Tuesday, November 1 Chef Salad Romaine Lettuce, Chicken, Tomatoes, Cucumbers, Carrots, Hard Boiled Egg, Dressing, Roll, Special Dessert

Wednesday, November 2 Roasted Chicken, Potato Pancake, String Beans, Applesauce, Fruit

Thursday, November 3 Hamburger on a Bun, Lettuce, Tomato, Cole Slaw Chips, Fruit

Friday, November 4 Tuna Salad Wrap, Tomato and Lettuce, Chips, Fruit

Monday, November 7 Cheese and Lasagna with Sauce, Broccoli, Cauliflower, Carrot Medley, Fruit

Tuesday, November 8 Penne Bolognese, Peas and Carrots, Fruit

Wednesday, November 9 BBQ Chicken, Baked Potato, Zucchini, Cole Slaw, Fruit

Thursday, November 10 Fresh Baked Tilapia, Yellow Rice, String Beans, Fruit

Friday, November 11 No Lunch Veterans Day

Monday, November 14 Pasta Primavera, Salad with Lettuce and Tomato, Dressing, Fruit

Tuesday, November 15 Meat Loaf, Mashed Potatoes, Gravy, Mixed Vegetables, Fruit

Wednesday, November 16, BBQ Chicken, Baked Sweet Potato, Zucchini, Cole Slaw, Fruit

Thursday, November 17 Thanksgiving Lunch Turkey, Gravy, Mashed Potatoes, Stuffing, String Beans, Cranberry Sauce Roll, Pie

Friday November 18, Scoop of Tuna Fish Salad on Bed of Lettuce, Tomato and Cucumber, Dressing, Crackers, Chips, Fruit

Monday, November 21 Baked Ziti with Cheese and Sauce, Lettuce and Tomato Salad, Dressing, Fruit

Tuesday November 22 Chicken Club Sandwich on Toast, with Lettuce, Tomato, Bacon, and Mayo, Carrot and Celery Sticks, Potato Chips, Fruit

Wednesday, November 23 Roasted Chicken, Whipped Potatoes, Peas and Carrots, Fruit

Thursday November 24Thanksgiving NO LUNCH

Friday, November 25 No LUNCH

Monday, November 28 Plain Bagel, Cream Cheese, Lox, Lettuce, Tomato, Chips and Fruit

Tuesday, November 29 Baked Tilapia, Buttered Noodles, Red Beet Salad, Fruit

Wednesday, November 30 Lemon Chicken, Roasted Potatoes, String Beans, Fruit

RESERVATIONS MUST BE MADE 1 WEEK IN ADVANCE!!!!!!