

Milestones Adult Day Health Center

Lunch Menu for November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Pasta with Sauce Spinach Salad Whole Wheat Bread Banana Peach Gelatin Brownie	Glazed Pork Chop Orange Gelatin Salad Broccoli Rice Au gratin Yogurt with Fruit Mixed Vegetables Whole Wheat Bread
5	6	7	8	9
Breaded Chicken Breast Parsley Butter Potato Succotash Melon Whole Wheat Bread Ice Cream Cup	Chili with Beans Spinach Salad Peach Strawberry Medley Whole Wheat Crackers Corn Bread Brownie Bar	Hamburger with Bun Bananas and Oranges Sunshine Carrots Creamy Coleslaw Cookie	LS Salisbury Steak Mashed Potatoes Broccoli Whole Wheat Bread Orange Apricot Salad Cookie	Whole Grain Fish Patty Sweet Potato Wedges Asparagus Cuts Tropical Fruit Salad Whole Wheat Bread Cookie
12	13	14	15	16
Chicken A La King Biscuit Fruit Gelatin Salad Seasoned spinach Vanilla Pudding	Goulash Squash Whole Wheat Dinner Roll Tropical Fruit Lemon Bar	Cooks Choice	Swiss Steak Banana Baked Potato Asparagus Whole Wheat Bread Chocolate Pudding	Beef Patty Tropical Fruit Salad Baked Potato Mixed Vegetables Whole Wheat Dinner Roll Ice Cream Cup
19	20	21	22	23
Yankee Pot Roast Mashed Potatoes Peach Gelatin Brussel Sprouts Whole Grain Dinner Roll Vanilla Pudding	Glazed Pork Chop Orange Wedges Oven Roasted Potatoes Brussel Sprouts Whole Wheat roll Apple Delight Cookie	Roast Turkey Mashed Potatoes Mixed Vegetables Cranberry Gelatin Salad Whole Wheat Dinner Roll Pumpkin Pie	Closed	Closed
26	27	28	29	30
Potatoes Crusted Fish Calico Vegetable Salad Roasted Baby Read Potatoes Whole Wheat Bread Fruited Yogurt	Cream of Potato Soup 1/2 Turkey Sandwich Coleslaw Tropical Fruit Whole Wheat Crackers Vanilla Pudding	Meatloaf Fruited Gelatin Baked Potato Brussel Sprouts Whole Grain Dinner Roll Tropical Fruit	Barbequed Riblet on a Bun Mixed Berries Potato Salad Green Beans Lemon Bar	Beef Macaroni Casserole Diced Beets Breadstick Spinach Salad Cookie Bar

Milestones does not discriminate on the basis of age, race, creed, religion, sexual orientation, national origin, or physical or mental challenges. This institution is an equal opportunity provider. All meals serve skim or 1% milk. Menus are subject to change.