

# NOVEMBER MENU 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11/1</b> <b>STUFFED BAKED FISH</b> Bowtie Pasta Brussels Sprouts Banana	<b>11/2</b> <b>LEMON CHICKEN</b> Brown Rice California Vegetable Blend Sliced Canned Cantalope	<b>11/3</b> <b>BAKED ZITI WITH MEAT SAUCE</b> Garlic Bread Fresh Sliced Tomatoes & Cucumbers Garden Salad Apple	<b>11/4</b> <b>BAKED FISH</b> Yellow Rice Sautéed Spinach Fresh Pineapples	<b>11/5</b> <b>BAKED CHICKEN QUARTERS</b> Baked Potato Spinach Apple
<b>11/8</b> <b>LEMON PEPPER BAKED POLLOCK</b> Orzo Steamed Carrots Banana	<b>11/9</b> <b>BBQ CHICKEN</b> Baked Sweet Potato Collard Greens Apple	<b>11/10</b> <b>BAKED FISH WITH GARLIC SAUCE</b> Brown Rice Green Bean Sautee Pears	<b>11/11</b> <b>SPAGHETTI &amp; MEAT BALLS</b> Garlic Bread Steamed Broccoli Grapes	<b>11/12</b> <b>CHICKEN &amp; BROCCOLI &amp; TERIYAKI SAUCE</b> Yellow Rice Broccoli Orange
<b>11/15</b> <b>BBQ MEATLOAF</b> Mashed Potatoes Green Peas Grapes	<b>11/16</b> <b>BAKED SALMON</b> Roasted Vegetable Brown Rice Fruit Cocktail 	<b>11/17</b> <b>CHICKEN STEW</b> Bowtie Pasta California Blend Apples	<b>11/18</b> <b>TURKEY BURGER</b> Sweet Potato Fries Garden Salad Watermelon	<b>11/19</b> <b>BAKED CHICKEN</b> Baked Red Potatoes Brussels Sprouts Canned Peaches
<b>11/22</b> <b>BREADED FISH</b> French Fries Cole slaw Orange	<b>11/23</b> <b>TURKEY DINNER</b> Baked Sweet Potato Roasted V Stuffing Apple Pie 	<b>11/24</b> <b>TUNA CAKES</b> Orzo Pasta Baby Carrots with Parsley Fresh Pineapples	<b>11/25</b> <b>THANKSGIVING DAY CLOSED</b> 	<b>11/26</b> <b>CLOSED</b>
<b>11/29</b> <b>BEEF STEW</b> Brown Rice Carrots Banana	<b>11/30</b> <b>BBQ CHICKEN</b> Baked Potato Mixed Vegetables Tangerines	<i>Kashrut Supervised by the Vaad of Riverdale</i>		
<b>MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE</b>			Funded by the New York City Department for the Aging and your Contributions.	