

November 2026 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.

Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger on a Whole Wheat Roll Tater Tots Broccoli Florets Diced Peaches	3 Kielbasa Cabbage & Noodles Mixed Vegetables Applesauce Whole Wheat Dinner Roll	4 Baked Fish Macaroni & Cheese Stewed Tomatoes Diced Pears	5 Cheese Pizza Mandarin Oranges Chocolate Chip Cookie	6 Sloppy Joe on a Whole Wheat Roll Corn Monte Carlo Vegetables Mixed Berry Blend Graham Crackers
9 Rotini & Meatballs Italian Blend Vegetables Golden Fruit Parfait Italian Bread	10 Baked Chicken Breast Mashed Potatoes with Gravy Peas & Carrots Diced Pears Sugar Cookie	11 Salisbury Steak Buttered Noodles Green Beans Mandarin Oranges Whole Wheat Dinner Roll	12 Ham Balls AuGratin Potatoes Broccoli Florets Apple Juice Chocolate Cake with Whipped Topping	13 Philly Cheese Steak Sandwich on a Whole Wheat Roll Tater Tots Key West Vegetables Diced Peaches
16 Breaded Chicken Filet Mashed Potatoes with Gravy Broccoli Florets Mixed Berry Blend Vanilla Pudding Whole Wheat Dinner Roll	17 BBQ Rib Patty Sandwich on a Whole Wheat Roll Corn Peas & Carrots Applesauce	18 Vegetable Quiche Tater Tots Green Beans Orange Juice	19 Chicken Parmesan Small Shell Pasta with Marinara Sauce Italian Blend Vegetables Diced Pears Italian Bread	20 Cheese Pizza Mandarin Oranges Chocolate Chip Cookie
23 Swedish Meatballs Buttered Noodles Monte Carlo Vegetables Applesauce Whole Wheat Dinner Roll	24 Turkey with Gravy Stuffing Peas Cranberry Juice Pumpkin Pie with Whipped Topping Whole Wheat Dinner Roll	25 Breaded Fish Filet Buttered Parslied Potatoes Green Beans Diced Pears Chocolate Pudding	26 AGENCY CLOSED THANKSGIVING DAY	27 AGENCY CLOSED THANKSGIVING HOLIDAY
30 Hamburger on a Whole Wheat Roll Tater Tots Mixed Vegetables Mandarin Oranges				