

Horizons November 2021 Menu

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	
Chef's Choice Day Marinated Chicken Au Gratin Potatoes Green Beans Pudding w/Fruit Skim Milk	Broccoli Beef(1) Spanish Meatballs(.5) Rice(1) Lima Beans(1.5) Applesauce(1) Skim Milk(1)	Roast Beef Baked Ham Whipped Sweet Potatoes (3) Steamed Cabbage & Carrots (.5) Peaches (1) Skim Milk (1)	Open Face Hot Pork Sandwich (1) Open Face Meatloaf Sandwich (1) Mashed Potatoes & Gravy (1.5) Stewed Tomatoes & Zucchini (.5) Fresh Orange (1.5) Skim Milk (1)	Scalloped Potatoes & Ham (2.5) Macaroni & Cheese (3) Broccoli (.5) Pears (1) 3 Bean Salad (2) Skim Milk (1)	Week 3
Cheese Omelet Pancakes (2) w/Blueberry Sauce Syrup (1.5) & Margarine Turkey Sausage Links O'Brien Potatoes (1.5) Warm Fruit Compote (1) Banana (2) Skim Milk (1)	Beef Stroganoff Lasagna (1) Spinach (.5) Gelatin w/ Mandarin Oranges (1.5) 6 Vanilla Wafers (1) WW Bread (1) Skim Milk (1)	Chicken Cordon Bleu on Bun (1.5) BBQ Beef on Bun (1.5) 1/2 Baked Potato (2) Sour Cream Island Blend Vegetables (.5) Watermelon (.5) Skim Milk (1)	Pork Loin & Gravy Beef Pot Roast & Gravy Steamed Baby Red Potatoes(2) Carrot & Cabbage Casserole(.5) Pineapple Tidbits(1) Skim Milk(1)	Oven Fried Chicken (.5) Lemon Baked Tilapia Mashed Potatoes & Gravy (1) 5 Veggie Mix (1) Fresh Orange (1) Oatmeal Cookie (1) Skim Milk (1)	4
Macaroni & Ground Beef(1) Alfredo Chicken(1) on Biscuit(2) Italian Green Beans(1) Orange Apricot Gelatin(1) WW Bread(1) Skim Milk(1)	Swiss Steak(1) Apple Brown Sugar Pork Chop 1/2 Baked Potato & Sour Cream(2) Chateau Vegetables(.5) WW Bread (1) Skim Milk (1)	Thanksgiving Dinner Turkey and Dressing Mashed Potatoes & Gravy Green Bean Casserole Creamy Cranberry Salad Pumpkin Pie Skim Milk	Marinara Beef Chicken Parmesan Penne Pasta(2) Asparagus Pea Medley(1) Pineapple(10) Skim Milk (1)	Chicken Nuggets(1) Fish Sticks(1) Dilled Baby Red Potatoes(1.5) Broccoli(.5) Orange(1) Graham Crackers(1) Skim Milk (1)	5
Pizza (2) Colorful Macaroni&Cheese(3) Mixed Veggies Peaches(1) Peanut Butter cookie Skim Milk (1)	Swedish Meatballs on Noodles Shepards Pie California Vegetables Yogurt & Berry Medley(1) WW Bread (1) Skim Milk (1)	Chefs Choice Day Sloppy Joes on WW Bun Crispy Cube Potatoes Yogurt & Berry Carrots Fruit Cup Skim Milk	CLOSED FOR HOLIDAY <div style="text-align: center;">  </div>	CLOSED FOR HOLIDAY	6
Hamburger on Bun (1.5) Shredded Chicken on Bun(1.5) Potato Wedges(2) Stewed Tomatoes & Zucchini(.5) Fresh Apple(1.5) Cereal Bar(2) Skim Milk(1)	Chicken Strips(.5) & Tater tots(1) Tater Tot Casserole(2) Corn(1) Creamy Coleslaw(.5) Banana(2) Skim Milk(1)		Please consume Provided Frozen Meal		7

* This is a Monthly Menu, not Choice Menu please keep for your reference, do not return.

