

Legacy Link Menu

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Beef Rice Casserole Country Corn Spring Vegetable Blend Wheat Bread Applesauce Milk Margarine Diet - Same as Dessert	Ham & White Beans Glazed Carrots Mixed Greens Cornbread Pineapple Tidbits Milk Margarine Vinegar Diet - Same as Dessert ALT: Red Beans & Rice	Swedish Meatballs Egg Noodles Green Peas Dinner Roll Fresh Banana Chocolate Milk Margarine Diet - Same as Dessert ALT: Black Beans
6	7	8	9	10
Santa Fe Stew Buttered Rice Green Beans Saltine Crackers Orange Gelatin Milk Diet - SF Gelatin	BBQ Pork Riblet Macaroni & Cheese Cabbage Cornbread Fresh Fruit Milk Margarine Diet - Same ALT: Vegetarian Sloppy Joe	Chicken Tetrazzini Carrots Green Peas Dinner Roll Chocolate Cookie Milk Margarine Diet - Graham Crackers	Hamburger Patty Lettuce & Tomato Baked Pinto Beans Potato Wedges Hamburger Bun Fresh Fruit Chocolate Milk Ketchup x 2 Mayonnaise Mustard ALT: Baked Pinto Beans	Breaded Chicken Country Gravy Whipped Potatoes California Vegetable Blend Dinner Roll Applesauce Milk Margarine Diet - Same as Dessert ALT: Chickpeas
13	14	15	16	17
Chicken Potato Casserole Parslied Carrots Green Peas Dinner Roll Sugar Cookie Milk Margarine Diet - Vanilla Wafers	Sausage w/Onions & Peppers Baked Beans Cabbage Hot Dog Bun Applesauce Chocolate Milk Mustard Diet - Same as Dessert ALT: Baked Beans	Chicken & Dumplings Green Beans Whole Kernel Corn Dinner Roll Fresh Banana Milk Margarine	Beef w/Mushroom Gravy Delmonico Potatoes Broccoli Cornbread Banana Pudding Milk Margarine Diet - SF Banana Pudding ALT: Falafel Balls	Turkey Chili Cheesy Baked Potato Tossed Salad Saltine Crackers Fresh Fruit Margarine Salad Dressing Milk Diet - Same as Dessert ALT: Vegetarian Chili
20	21	22	23	24
Salisbury Steak <i>New!</i> Steakhouse Sauce Twice Whipped Potatoes Carrots Wheat Bread Carnival Cookie Milk Margarine Diet - Graham Crackers ALT: BBQ Popcorn Chicken	Oven Fried Chicken Parslied Rice Country Vegetable Blend Dinner Roll Fresh Banana Milk Margarine Diet - Same as Dessert ALT: Black Beans	Thanksgiving Meal Turkey Breast with Gravy Whipped Potatoes Green Bean Amandine Cornbread Dressing Pumpkin Bar Milk Diet - Pound Cake Cranberry Sauce	Closed for Holiday	Closed for Holiday
27	28	29	30	
Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Broccoli Dinner Roll Nuttty Buddy Bar Milk Margarine Diet - Same as Dessert ALT: Grilled Chicken w/Gravy	Chicken & Sausage Gumbo Parslied Rice Green Beans Saltine Crackers Yellow Cake Milk Diet - Same as Dessert ALT: Falafel Balls	Beef Rice Casserole Country Corn Spring Vegetable Blend Wheat Bread Applesauce Milk Margarine Diet - Same as Dessert	Ham & White Beans Glazed Carrots Mixed Greens Cornbread Pineapple Tidbits Milk Margarine Vinegar Diet - Same as Dessert ALT: Red Beans & Rice	 <p>TRIO Community Meals an elior company</p>

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