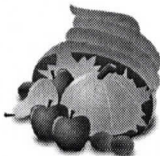




NOVEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Mushroom Chicken Rice Broccoli	4 Eggplant Parmesan Spaghetti Sauteed Spinach	5 Beef Meatloaf Red Potatoes Sauteed String Beans	6 Chicken Breast and Rice Tossed Salad	7 Baked Salmon Baked Potato Roasted Broccoli
10 Baked Breaded Chicken Cutlet Roasted Potatoes Spinach	11 The Center is Closed 	12 Deluxe Cheeseburger with Onions Cole Slaw	13 Spanish Style Chicken Rice and Beans Mixed Green Salad	14 Baked Fish with Lemon Garlic Sauce Orzo Vegetable Blend
17 Chicken Fajitas Rice Broccoli and Red Peppers	18 Eggplant Parmesan with Pasta Spinach	19 Baked Pork Chops Rice with Black Beans Salad	20 Chicken Parmesan Spaghetti Vegetable Blend	21 Fish Curry Potato Wedges Spinach
24 Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad	25 Brown Rice with Pigeon Peas Garden Salad	26 Thanksgiving Luncheon  Advance sign-up is required	27 The Center is Closed 	28 The Center is Closed
		Vegetarian options available with one week notice.	All meals served with fruit and 1% milk.	Recommended donation is \$1.75 per meal.

November 2025 LUNCH MENU - Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tofu and Veggie Stir-Fry Rice Broccoli	4 Eggplant Parmesan Spaghetti Spinach	5 Curried Jamaican Stew Red Potatoes String Beans	6 Vegetable Lasagna Tossed Salad	7 Summer Chickpea and Veggie Salad Broccoli
10 Baked Ziti with Vegetables Potatoes Spinach	11 The Center Is Closed 	12 Soy Burger and Bun Cole Slaw	13 Lentil and Bean Chili Mixed Green Salad	14 Chipotle BBQ Pulled Jackfruit Orzo Vegetable Blend
17 Broccoli Cheddar Quiche Rice Broccoli and Red Peppers	18 Eggplant Parmesan Pasta Spinach	19 Root Vegetable Stew Brown Rice with Black Beans Salad	20 Eggplant Parmesan Pasta Vegetable Blend	21 Orzo Stuffed Peppers Potato Wedges Spinach
24 Vegetable Soup Breaded Eggplant Cutlets Pasta Beet Salad	25 Brown Rice with Pigeon Peas Garden Salad	26 Thanksgiving Luncheon  Advance sign-up is required	27 The Center Is Closed 	28 The Center Is Closed
All meals served with fruit and 1% milk.	Recommended donation is \$1.75 per meal.			