

Monday	Tuesday	Wednesday	Thursday	Friday
Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 30% or less Fat (<24 g), 50-55% Carbohydrate, 15-20% Protein (>35 g), 1000 mg or less Sodium. Salt is not added to any recipe.				
<b>Suggested Donation</b> <b>\$1.25 per meal</b>	<b>1</b> Chicken Barley Soup <b>Stuffed Shells &amp; Meatballs Marinara</b> – 2 shells & 2 meatballs Baby Spinach Salad 1-C Italian Bread Fresh Pear	<b>2</b> Apple Juice <b>Hungarian Goulash</b> Buttered Egg Noodles Roasted Root Vegetables Pumpernickel Bread Warm Sliced Apples with Cinnamon	<b>3</b> Split Pea Soup <b>Chicken Stuffed with Broccoli &amp; Cheese</b> Mashed Potatoes Diced Carrots Cornbread Fresh Banana	<b>4</b> Orange Juice <b>Crabby Cake</b> White Rice Chopped Spinach Whole Wheat Bread Fresh Orange
<b>7</b> Grape Juice <b>Roast Chicken Leg Paprika</b> Roasted Red Potatoes Lima Beans Cornbread Pineapple Chunks	<b>8 Election Day</b> <b>Closed</b>	<b>9</b> Tomato Cheddar Soup <b>Meatloaf with Gravy</b> Mashed Potatoes Cut Green Beans Rye Bread Ice Cream Cup	<b>10</b> Fruit Punch <b>Turkey Sausage Bites</b> Couscous, Peas & Mushrooms Tossed Salad Pumpernickel Bread Fresh Apple Slices	<b>11 Veteran's Day</b> <b>Closed</b>
<b>14</b> Cream of Spinach Soup <b>Stuffed Cabbage</b> Mashed Potatoes Mixed Vegetables Rye Bread Yogurt Cup	<b>15</b> Orange Juice <b>Boneless Chicken Cacciatore w/</b> Onions, Peppers & Mushrooms 10 oz. Whole Wheat Ziti Marinara w/ Extra Sauce Whole Wheat Bread Fresh Orange	<b>16</b> Cranberry Apple Juice <b>Roast Pork Loin w/Gravy</b> Fresh Baked Sweet Potato Red Cabbage Cornbread Apple Sauce	<b>17</b> Chicken Tomato with Rice Soup <b>Baked Flounder Florentine on Spinach</b> Roasted Red Potatoes Spitz Roll Fresh Apple	<b>18</b> Apple Juice <b>Pepper Steak</b> Brown Rice and Carrots Broccoli Crowns Rye Bread Fresh Pear
<b>21</b> Chicken Noodle Soup <b>BBQ Pulled Beef Sandwich</b> Baked Beans Cole Slaw Whole Wheat Bun Sliced Pears	<b>22</b> Lentil Soup <b>Ziti Bolognese 10 oz.</b> Romaine Salad w/Cucumber & Shredded Carrots (1 cup) Fresh Apple	<b>23</b> Apple Juice <b>Roast Turkey with Gravy</b> Mashed Potatoes Baby Carrots Dinner Roll Pumpkin Pie	<b>24 Thanksgiving Day</b> <b>Closed</b>	<b>25 Closed</b>
<b>28</b> Tomato Basil Soup <b>L/S Ham with Pineapple</b> Whipped Sweet Potatoes Cauliflower au gratin Whole Wheat Bread Fresh Apple	<b>29</b> Grape Juice <b>Roasted Chicken Leg Quarter</b> Rice Pilaf Creamed Spinach Cornbread Sliced Peaches	<b>30</b> Lemon Basil Chicken & Orzo Soup <b>Eggplant Rollatini</b> Penne Marinara Romaine Salad & Cannellini Beans Italian Bread Fruited Jell-O	<b>Each meal is served with skim milk and your choice of coffee or hot tea.</b>	<b>Menu subject to change without notice</b>

\*\*\*The Garfield Senior Activity Center will be open for lunch on Thanksgiving Day. A reservation is required as seating is limited. Please call 973-478-0502 to make a reservation.