

# SPAN MONTHLY MENU

## November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Deviled Pork Garlic Potatoes Capri Vegetables Wheat Roll Heavenly Fruit Salad Diet - Fruit Salad	<b>3</b> Cowboy Spaghetti Green Bns w/Pep & Onions Orange Carrots Wheat Bread Oatmeal Raisin Cookie Diet - Sugar Cookies	<b>4</b> Caesar Salmon Cheesy R'mary Potato Romaine/Parmesan Wheat Pita Peach w/Bry Crisp Diet - Peach Crisp	<b>5</b> Battered Fish Mac & Cheese Stewed Tomatoes Wheat Bread Citrus Poke Cake Catsup Diet - Poke Cake	<b>6</b> Chicken Taco Meat Broccoli/Cheese Spanish Rice Corn Tortilla Vanilla Pudding Diet - Same No Salt Margarine
<b>9</b> Turkey Meatball Spiced Curry Sauce Lem Herb Pasta Green Peas Multi Grain Bread Peaches/P'apple Diet - Same	<b>10</b> Margarita Chicken Rice Florentine Fiesta Vegetables Wheat Bread Lemon Pudding/Berries Diet - Lemon Pudding	<b>11</b> Hot Roast Beef Sandwich Italian Vegetables Tossed Salad Apple Crisp Diet - Apple Raisin Crisp Italian Dressing	<b>12</b> Hamburger Patty Crispy Cube Potato Green/Beans w/ Tomatoes Wheat Hamburger Bun Melon Cup Mustard/Mayonnaise Diet - Same	<b>13</b> Tuna Mac Salad Corn Salad Tom Spoon Relish Wheat Bread Chocolate Cake Diet - Choc Cake
<b>16</b> Meatloaf w/gravy Whipped potatoes Okra & tomatoes Whole wheat bread Fresh fruit Milk Diet-Same	<b>17</b> Lasange Casserole Green Beans Mixed vegetables Wheat Roll Oatmeal Cookie Milk Diet-Cookie	<b>18</b> Fiesta Chicken Spanish Rice California Veggies Wheat Roll Orange Milk Diet-Same	<b>19</b> Smoked Sausage Pinto Beans Collard Greens Cornbread Vanilla Pudding Milk Diet-Vanilla Pudding	<b>20</b> Turkey w/gravy Cornbread dressing Sweet potato casserole Tossed salad Wheat Roll Milk Cranberry Sauce Diet-Same
<b>23</b> Chicken Marinara Green Peas Parslied Carrots Whole Wheat bread Fresh Fruit Milk Diet-same	<b>24</b> Orange glazed chicken Whipped potatoes Broccoli Whole Wheat Bread Fruited Gelatin Milk Diet- fruited gelatin	<b>25</b> Chili w/beans Corn Coleslaw Cornbread Hot spiced apples Milk Diet-same	<b>26</b> Closed Happy Thanksgiving	<b>27</b> Closed Happy Thanksgiving
<b>30</b> Baked chicken w/gravy Whipped potatoes California veggies Whole Wheat bread Fresh Fruit Milk Diet-Same				