







NOVEMBER 2017

Blackstone Café
728-9290

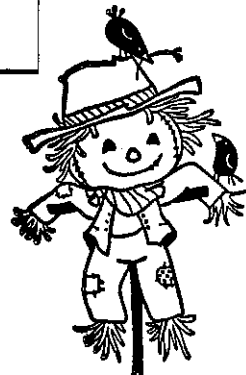
Suggested donation \$3.00

Café on Chopmist Hill
647-2662

WEDNESDAY	THURSDAY	FRIDAY
1 Low Sodium Tomato Soup American Chop Suey w/ Wheat Elbow Macaroni Broccoli Cuts Fresh Fruit Wheat Bread <i>(Turkey & Swiss on Wheat)</i>	2 Split Pea Soup* Baked Ham w/Pineapple Slice Sweet Potatoes Zucchini & Tomatoes Angel Food Cake Rye Bread <i>(Tuna on Rye)</i>	3 L.F. Shrimp & Corn Bisque Florentine Fish Mashed Potatoes Baby Whole Carrots Pudding Oatmeal Bread <i>(Honey Ham on Oatmeal)</i>
8 Lentil Soup Roast Pork Loin w/Applesauce Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit Rye Bread <i>(Italian Grinder)</i>	9 Veterans Day Celebration Beef Vegetable Soup Chicken Cordon Bleu w/ Gravy Rice Pilaf Florentine Blend Vegetables Ice Cream Wheat Bread <i>(Meatloaf on Wheat)</i>	10 CLOSED Veteran's Day 
15 Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Vegetables Mandarin Oranges Wheat Dinner Roll <i>(Meatball Grinder on a Roll)</i>	16 Birthday Celebration Kale & Bean Soup Stuffed Pepper w/Sauce Seasoned Whole Grain Ziti Winter Blend Vegetables Frosted Cupcake Rye Bread <i>(Pastrami on Rye)</i>	17 Thanksgiving Dinner Italian Wedding Soup Roast Turkey w/L S Gravy Corn Bread Stuffing Seasoned Spinach Pumpkin Pudding Cranberry Sauce Dinner Roll <i>(Roast Beef on a Roll)</i>
22 Tomato & Brown Rice Soup Shepherds Pie Brussels Sprouts Coffee Cake Rye Bread <i>(Chicken Salad on Rye)</i>	23 CLOSED Thanksgiving Day  	24 CLOSED Thanksgiving 
29 White Chowder Potato Crusted Fish Red Bliss Mashed Potatoes Capri Blend Vegetables Baked Cinnamon Apples Multi Grain Bread <i>(Ham Salad on Multi Grain)</i>	30 Pasta & Bean Soup Meatballs w/Sauce Baked Lays Chips Roasted Peppers & Onions Ice Cream Whole Wheat Bread <i>(Seafood Salad on Whole Wheat)</i>	Salad for the Month Lettuce / Spinach Blend Sliced Turkey Tomato Craisins Walnuts Balsamic Dressing



happy harvest



Please inform Kitchen of any food allergies.

Name _____

Autumn