

Neighborhood House Association

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Turkey Cranberry Sandwich, Potato Salad, Orange, Ice Cream, & Milk	Rotini alla Bolognese, Caesar Salad, Persimmons, & Milk	Stewed Chicken with Creole Beans, Corn Muffin, Canned Pears, & Milk	Pesto Pasta with Chicken, Turmeric Cauliflower, Orange, & Milk	Bean Taco with Pico de Gallo, Spring Salad, Sliced Apples, & Milk
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Chilled BBQ Chicken Wrap, Whole Wheat Tortilla, Baked Beans, Orange, Ice Cream, & Milk	Grilled Chicken Pasta Salad, Peaches, Sesame Slaw, & Milk	Holiday	Roasted Turkey, Multi-Grain Roll, Potato Salad, Spinach-Cranberry Salad, Pear & Milk	Black Bean Chili, Corn Tortillas, California Salad, Banana, & Milk
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, Ice Cream, & Milk	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple, & Milk	BBQ Beef Burger on Wheat Bun, Chopped Salad, Orange, & Milk	Oven Roasted Turkey with Gravy, Mashed Potatoes, Sage Stuffing, Green Beans & Creamy Mushrooms, Cranberry Orange Sauce, Pumpkin Pie, & Milk	Tuna Salad Sandwich, Spring Salad, Orange, & Milk
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Maria's Famous Chili, Whole Wheat Crackers, Bean Salad, Broccoli & Carrot Slaw, Pear Ice Cream, & Milk	Curried Chicken Salad Sandwich, California Salad, Orange, & Milk	Beef Taco Salad, Romaine Lettuce, Beans, Roasted Corn, & Salsa, Tortilla Chips, Apple, & Milk	Holiday	Holiday
Monday 30				
Chicken Fajitas, Corn Tortilla, Black Beans, Cilantro Cabbage Salad, Canned Pears, Ice Cream, & Milk	<u>Donation Amount</u> \$3.00 Congregate Senior (60 years or older) \$5.00 Non-Senior		Senior Nutrition NOVEMBER 2015	

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This program is supported by the Older Americans Act Funds through San Diego County Aging & Independence Services

No eligible person shall be denied a meal because of failure or inability to contribute.

We do not discriminate because of race, color, sex, handicap, or national origin

