NorthWest Senior & Disability Services | November 2024

TRIO Community Meals an elior company

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALLERGEN DISCLAIMER: **This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.**			**A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.**	1 **Bavarian Beef Stew** **Spicy Southwest Pasta** Sliced Carrots Romaine Iceberg Salad Fresh Banana Rye Bran Roll
4 **Macaroni & Cheese** **Chicken Brunswick Stew** Spinach Creamy Coleslaw Multigrain Roll Fresh Apple	5 **Scalloped Potatoes &Turkey** **Beef Rigatoni Bake** San Francisco Vegetable Blend Green Pea Salad Oat Bran Roll Fresh Banana	6 **Chicken A La King** **Homestyle Pork Patty w/Gravy** Whipped Potatoes Cabbage & Carrots Honey Wheat Bread Fresh Orange	7 **Chicken Teriyaki Sandwich** **Italian Sausage (link) Sandwich** Mixed Vegetables Pickled Beets Hot Dog Bun Tropical Fruit	8 **Veteran's Day Special** **BBQ Diced Chicken Sandwich** **Hamburger w/Campfire Sauce** Whole Kernel Corn Potato Salad Hamburger/Hot Dog Bun Confetti Cake
11 **Closed**	12 **Chicken Lo Mein** **Pork Fried Rice** Peas & Carrots Asian Coleslaw Oat Bran Wheat Roll Applesauce Gingerbread-Birthday	13 *New!* **Beef Shawarma** **Homestyle Turkey Patty w/Gravy** *New!* Lemon Rice Tomato & Corn Medley *New!* Tomato, Cucumber, and Feta Salad Fresh Orange	14 **Tuna Salad Half Sandwich** **Turkey Salad Half Sandwich** Lentil Soup Kidney Bean Salad Wheat Bread Tropical Fruit	15 **Cheese Omelet w/Sauce** **Pork Sausage Gravy** Parslied Diced Potatoes Mixed Vegetables Biscuit Fresh Banana
18 **Lima Beans & Turkey** **Roast Pork w/Dijon Mustard Sauce** Whipped Potatoes Spinach Wheat Bread Fresh Apple	19 **Chicken Spanish Rice Bake** **Pasta Romanoff** Broccoli & Carrots Romaine Iceberg Salad Cracked Wheat Roll Fresh Pear	20 **Beef Taco Salad** **Santa Fe Chicken Mini Salad** Spinach Romaine Corn Chowder Tortilla Chips Seasonal Fresh Fruit	21 **Creole Chicken** **Meatloaf w/Gravy** Garlic Whipped Potatoes Mixed Vegetables Rye Bran Bread Fresh Orange	22 **Around the World** *New!* **Chicken Thigh Cuban Citrus Mojo** **Beef Patty w/BBQ Sauce** *New!* Rice with Black Beans Whole Kernel Corn Cilantro Coleslaw Fresh Banana
25 **Beef Stroganoff** **White Bean Chicken Chili** Green Beans w/Red Peppers Marinated Vegetable Salad Multigrain Roll Seasonal Fresh Fruit	26 **Thanksgiving Special** **Roasted Turkey w/Gravy** **Sliced Ham w/Pineapple Glaze** Mashed Spiced Yams Green Beans Onion Bread Baked Pumpkin Custard	27 **Thanksgiving Special** **Salisbury Steak w/Gravy** **Roasted Turkey w/Gravy** Whipped Potatoes Green Peas Bread Dressing Pumpkin Bar	28 **Closed**	29 **Closed**