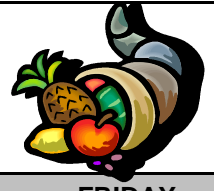


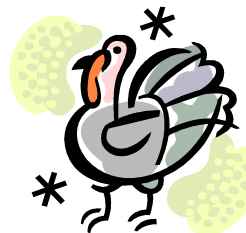
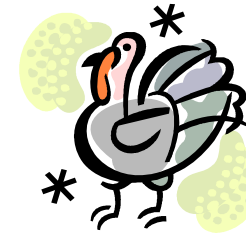
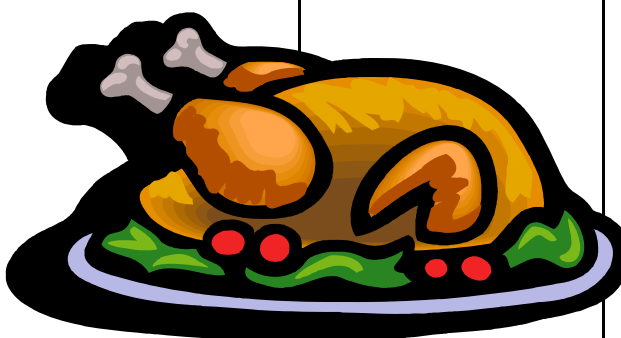



Milwaukee County Senior Meal Program

Senior Dining Sites Menu

November 2009



MONDAY 11/2/2009	TUESDAY 11/03/2009	WEDNESDAY 11/4/2009	THURSDAY 11/5/2009	FRIDAY 11/6/2009
Peachy Roast Pork Brown Rice Seasoned Green Beans Whole Wheat Bread Chilled Pears	Swedish Meatballs w/light sauce over Wide Egg Noodles Diced Carrots with Peas Baking Powder Biscuit Tropical Fruit Cup	Italian Chicken Breast Scalloped Potatoes Mixed Vegetables Mixed Green Salad with French Dressing Seven Grain Bread Red Jello D. Diet Jello	Brunch for Lunch Cheese Omelet with Denver Sauce Sausage Links American Hash Browns Applesauce Blueberry Muffin D. Plain Muffin	Pineapple Orange Juice Pepper Steak Blended Rice Emperors Blend Vegetables Multigrain Roll Chinese Almond Cookie D. Fresh Fruit
11/9/2009	11/10/2009	11/11/2009	11/12/2009	11/13/2009
Roast Beef with lite gravy Baked Potato Sour Cream Wisconsin Blend Vegetables Wheat Dinner Roll Pudding Cake D. Diet Pudding	Honey Baked Ham Garlic Mashed Potatoes Cooked Baby Carrots Rye Bread Pineapple Tidbits	Cranberry Apple Juice Turkey Breast with gravy Cornbread Stuffing Winter Blend Vegetables Whole Grain Bread Chilled Peaches	Chili Mac Mixed Greens with Raspberry Vinaigrette Dressing Breadstick Mandarin Oranges Peanut Butter Cookie D. Applesauce	Blended Juice Chicken Parmesan with Tomato Sauce Garlic Buttered Noodles Italian Blend Vegetables Focaccia Bread Cheesecake D. Cheesecake
11/16/2009	11/17/2009	11/18/2009	11/19/2009	
Baked Liver with sauteed onions B. Pub Burger w/ onions Mashed Potatoes Brussel Sprouts Mini Kaiser Roll Fresh Orange	Salmon loaf with cream sauce Wild Rice Blend Prince Charles Blended Vegetables Marble Rye Bread Cinnamon Apple Slices D. Cinnamon Apple Slices	Old Fashioned Beef Stew with Carrots, Celery, Peas and onions Quartered Steamed Red Potatoes Mixed Green Salad with Ranch Dressing Seven Grain Bread Oatmeal Cookie D. Pears	Sweet and Sour Pork White Rice Sweet Peas Wheat Bread Mixed Fruit Cup Ice Cream Sundae Cup D. Lorna Doone Cookies	Holiday Folk Fair Sarma (Stuffed Cabbage Roll in Tomato Sauce) O'Brien Potatoes Scandinavian Mixed Vegetables Caraway Rye Bread Paczki (Jelly Filled Donut) D. Yellow Delicious Apple
11/23/2009	11/24/2009	11/25/2009	11/26/2009	11/27/2009
Ring Bologna German Potato Salad Baked Beans Carrot Raisin Salad Multigrain Bread Chocolate Cookie D. Chilled Fruit	Oven Fried Chicken Leg/ Thigh B. Oven Fried Chicken Breast/ Wing Baked Potato Sour Cream Seasoned Spinach Multigrain Bread Banana	Rosemary Pork Sweet Potato Casserole Seasoned Green Beans Split Top Roll Apple pie D. Apple Slices	SITES CLOSED 	SITES CLOSED 
11/30/2009				
Grape Juice Italian Meat Sauce Mostacolli with Red Sauce Capri Mixed Vegetables French Bread Parmesan Cheese Chilled Peaches				Suggested donation \$2.00 per meal 