


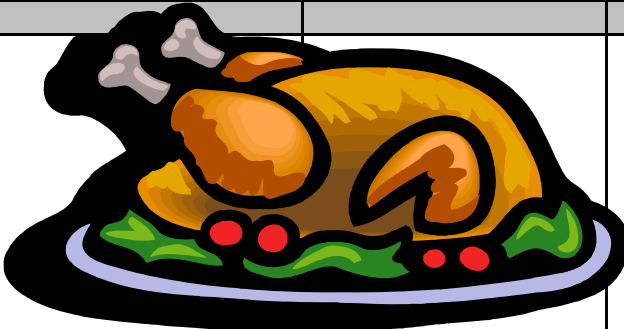



Milwaukee County Senior Meal Program

Home Delivered Meals

November 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2/2009	11/3/2009	11/4/2009	11/5/2009	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	<i>Brunch for Lunch</i> Cheese Omelet with Denver Sauce Sausage Links American Hash Browns Applesauce Blueberry Muffin	Pineapple Orange Juice Pepper Steak Blended Rice Emperors Blend Vegetables Multigrain Roll Chinese Almond Cookie
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	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	Beef Tomato Casserole Peas Mixed Greens with Raspberry Dressing Breadstick Mandarin Oranges Peanut Butter Cookie	Blended Juice Chicken Parmesan with Tomato Sauce Garlic Buttered Noodles Italian Blend Vegetables Focaccio Bread Cheesecake
11/16/2009	11/17/2009	11/18/2009	11/19/2009	11/20/2009
Pub Burger with sauteed 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	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	Sweet and Sour Pork White Rice Sweet Peas Wheat Bread Mixed Fruit Cup Lorna Doone Cookies	<i>Holiday Folk Fair</i> Sarma (Stuffed Cabbage Roll in Tomato Sauce) O'Brien Potatoes Scandinavian Mixed Vegetables Caraway Rye Bread Paczki (Jelly Filled Donut)
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 Chip Cookie	Oven Fried Chicken Leg/ Thigh Baked Potato Sour Cream Seasoned Spinach Multigrain Bread Banana	Rosemary Pork Sweet Potato Casserole Seasoned Green Beans Split Top Roll Apple Pie	<i>SITES CLOSED</i> <i>THANKSGIVING HOLIDAY</i> 	Salisbury Steak with light mushroom gravy Mashed Potatoes Harvard Beets Seven Grain Bread Mixed Fruit Cup
11/30/2009				
Grape Juice Italian Meat Sauce Mostacolli with Red Sauce Capri Mixed Vegetables French Bread Parmesan Cheese Chilled Peaches			Suggested donation 	<i>\$2.00 per meal</i> 