NOVEMBER	AD	SS NUTRITION PROGRAM		TALL 2013
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAI				Menu 5 Tomato Juice Vegetable Plate:    Macaroni & Cheese    Black-eyed Peas    Turnip Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk
Menu 6 Orange Juice Brunswick Stew Brown Rice Pineapple Tidbits Whole Wheat Bread Margarine Vanilla Goldfish Cookie Milk	Menu 7 Blended Juice Breaded Pork Patty/Brown Gravy Collard Greens Cold Country Tomatoes Cornbread Margarine Chocolate Pudding Milk/Buttermilk	Menu 8 Taco Salad: Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Orange Gelatin Milk/Chocolate Milk	Menu 9 Cranberry Juice Chicken Noodle Casserole Green Peas Scalloped Cabbage Wheat Bread Margarine Fudge Round Milk Alt: Chicken/Tortilla Dumplings	Menu 10 Meatballs (3)/Spaghetti Sauce Penne Pasta Italian Vegetables Fresh Fruit Wheat Breadstick Margarine Birthday Cake Milk
Veteran's Day Centers Closed	Menu 12 Orange/Pineapple Juice Honey BBQ Chicken Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Margarine Chocolate Cake Milk	Menu 13 Grilled Pork Patty/Brown Gravy Buttered Rice Turnip Greens Fresh Fruit Cornbread Margarine Lemon Pudding Milk/Buttermilk	Menu 14 Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw/Carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple/Blueberry Cobbler Milk/Chocolate Milk	Menu 15 Sliced Turkey/Gravy Whipped Sweet Potatoes Green Peas Beet Salad Whole Wheat Bread Margarine Oatmeal Cookies (2) Milk
Menu 16 Cranberry Juice Chicken Broccoli Rice Casserole Green Beans Okra and Tomatoes Whole Wheat Bread Margarine Fig Bar Milk	Menu 17 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	Menu 18 20 Grape Juice Honey Mustard Chicken Strips (3) California Vegetables Fresh Fruit Texas Bread Margarine Cranberry Congealed Salad Milk	Menu 19 BBQ Rib Patty Whipped Potatoes Mixed Greens Sliced Peaches Cornbread Margarine Yellow Cake Milk/Buttermilk	Menu 20 Orange Juice Chili with Beans Country Vegetables Marinated Slaw Saltine Crackers Margarine Sugar Cookies (2) Milk
Menu 1 Orange/Pineapple Juice Meatloaf/Brown Gravy Whipped Potatoes Buttered Carrots Whole Wheat Bread Margarine Oatmeal Crème Pie Milk	Menu 2 Smoked Sausage Northern Beans Broccoli/Cheese Sauce Peaches/Pineapple Diced Onions Hot Dog Bun Mustard Chocolate Chip Cookies (2) Milk	Theme Menu 1 Grape Juice Sliced Turkey/Gravy Cornbread Dressing Green Beans Almandine Whole Wheat Bread Margarine Cranberry Sauce Carrot Cake Milk	Thanksgiving Holiday Centers Closed	Thanksgiving Holiday Centers Closed



## November, 2013



## **Clay Senior Activity Center**

681-0238

**Linda Plummer & Beth Petty, Co-Directors** 

Mon	Tue	Wed	Thu	Fri
Center is open Monday-Friday 9:00-1:00 p.m.		Happy Thanksgiving		1 Devotional With Beth
4 Bridge and Games	5 Games	6 Games	7 Games	8 Turnover Card Game
11 Closed for Veteran's Day	12 Games	13 Shopping @ Walmart & Lunch @ Cracker Barrel	14 Games	15 Games
18 <u>Health Notes</u> Bridge and Games	19 Games	20 Games	21 Games	Jean's on the River for lunch
25 Bridge and Games	26 Games	Angel Christmas Craft	28 Closed for Thanksgiving	29 Closed for Thanksgiving