



NOVEMBER 2023 CONGREGATE MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Your donation helps us feed more seniors! 948-4856	1 Herb Roast Chicken w/ Lemon Butter Sauce Buttered Dumplings Roasted Vegetables Banana	2 Hot Dog Bun Baked Beans Coleslaw Grapes	3 Beef Barley Stew Tossed Salad Dinner Roll Banana
		6 Tacos Refried Beans Fruit	7 Panko Crusted Tilapia Sweet Potatoes Seasoned Collard Greens Fruit	8 Meatloaf Mashed Potatoes & Gravy Capri Vegetable Blend Dinner Roll Banana
13 Seasoned Salmon Filet Wild Rice & Squash Pilaf Asparagus Dinner Roll Fruit	14 Beef Stroganoff w/Egg Noodles Capri Vegetable Blend Broccoli Dinner Roll Fruit	15 Chicken Tenders Mac & Cheese Broccoli Tossed Salad Broccoli Banana Banana Pudding	16  COA Thanksgiving Celebration at Hastings Site RSVP by Nov 3rd Delton Site Closed	17 Hoppin' John Glazed Baby Carrots Buttered Peas Dinner Roll Banana
20 Fish Sandwich Tator Tots Coleslaw Grapes	21 Pulled Pork Mac & Cheese Seasoned Collard Greens Cornbread Fruit	22 Roast Turkey Mashed Potatoes & Gravy Stuffing Green Bean Casserole Hawaiian Roll Pumpkin Treat	23 24 C OA CLOSED NO MEAL DELIVERY 	
27 Hamburger Bun Potato Wedges Baked Beans Fruit	28 Herb Roasted Chicken w/ Lemon Butter Sauce Buttered Dumplings Roasted Vegetables Fruited Jell-O	29 Goulash Broccoli Glazed Baby Carrots Garlic Texas Toast Banana	30 Chicken Patty Sandwich Potato Salad Pickled Beets Fruit	