



NOVEMBER 2023 HEARTY MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Your donation helps us feed more seniors! 948-4856</p>	1	2	3
		<p>Swiss Steak Mashed Potatoes & Gravy Capri Vegetable Blend Dinner Roll Banana</p>	<p>Pulled Pork Mac & Cheese Seasoned Collard Greens Apple</p>	<p>Herb Roasted Chicken w/Lemon Butter Sauce Buttered Dumplings Roasted Vegetables Banana</p>
6	7	8	9	10
<p>Chicken Enchilada Casserole Seasoned Cauliflower Brown Rice Applesauce</p>	<p>Ginger Soy Cod Filet Brown Rice Diced Carrots Buttered Peas Craisins</p>	<p>Salisbury Steak Baked Potato Buttered Peas Dinner Roll Banana</p>	<p>Sweet & Sour Chicken Brown Rice Broccoli Apple Chips</p>	<p>COA CLOSED  No Meal Delivery</p>
13	14	15	16	17
<p>Meatloaf Mashed Potatoes & Gravy Green Beans Apple</p>	<p>BBQ Chicken Thigh Sweet Potatoes Seasoned Spinach Dinner Roll Orange</p>	<p>Beef & Bean Chili Baked Potato Oyster Crackers Banana</p>	<p>Seasoned Salmon Filet Wild Rice & Squash Pilaf Asparagus Fruit Juice</p>	<p>Pasta w/ Meat Sauce Cauliflower Buttered Peas Banana</p>
20	21	22	23	24
<p>Beef Stroganoff w/Egg Noodles Buttered Peas Diced Carrots Orange</p>	<p>Pulled Pork Mac & Cheese Seasoned Collard Greens Applesauce</p>	<p>Shrimp Pesto Pasta Broccoli Banana</p>	<p>COA CLOSED NO MEAL DELIVERY </p>	
27	28	29	30	
<p>Turkey Burger Bun Sweet Corn Buttered Peas Apple</p>	<p>Sweet & Sour Chicken Brown Rice Broccoli Applesauce</p>	<p>Hamburger Bun Sweet Corn Broccoli Banana</p>	<p>Turkey Meatloaf Mashed Potatoes & Gravy Diced Beets Orange</p>	