

		<p>01</p> <p>LUNCH COLD CUT SANDWICH (HAM, ROAST BEEF, TURKEY) CHEESE, MAYO & MUSTARD CHIPS, Tropical fruit & Cake</p>	<p>02</p> <p>LUNCH Tuna Salad Celery w/ peanut butter Apricots Cookie</p>	<p>03</p> <p>LUNCH Egg salad on crossaint Carrots w/Ranch Grapes Cookie</p>
<p>06</p> <p>LUNCH Ham Chef Salad VEG: Tater Tots Mixed Fruit Cookie</p>	<p>07</p> <p>LUNCH Meatball Sub VEG: Green Beans Peaches Cookie</p>	<p>08</p> <p>LUNCH Sloppy Joes VEG: Glazed Carrots Pear Brownies</p>	<p>09</p> <p>LUNCH Tacos VEG: Peas Applesauce Cake</p>	<p>10</p> <p>LUNCH BBQ Rib Veg: Corn Apple Cookie</p>
<p>13</p> <p>LUNCH Chicken Leg Veg: Peas Mixed Fruit Brownies</p>	<p>14</p> <p>LUNCH Diced Chicken Caesar Salad VEG: Green Beans Peaches Cookie</p>	<p>15</p> <p>LUNCH Nacho Salad VEG: Corn Pears Cookie</p>	<p>16</p> <p>LUNCH Country Chicken bowl Veg: Mixed Vegetables Pineapple Pound Cake</p>	<p>17</p> <p>LUNCH BBQ Pork Veg: Steamed Carrots Banana Cookie</p>
<p>20</p> <p>LUNCH Salisbury Steak VEG: Mashed Potato Mixed Fruit Cookie</p>	<p>21</p> <p>LUNCH Bacon Cheddar Burger VEG: Corn Peaches Cookie</p>	<p>22</p> <p>LUNCH Roasted Turkey & Gravy VEG: Green Beans Pears Pumpkin Bread</p>	<p>23</p> <p>Thanksgiving Holiday</p>	
<p>24</p> <p>Thanksgiving Holiday</p>		<p>27</p> <p>LUNCH Chicken Patty Sandwich VEG: Tater Tots Mixed Fruit Cookie</p>	<p>28</p> <p>LUNCH Chicken Strips/sauce VEG: Green Beans Peaches Brownies</p>	<p>29</p> <p>LUNCH Meatloaf VEG: Corn Pears Cookie</p>
			<p>30</p> <p>LUNCH Meatball Sub VEG: Baked Beans Applesauce Cake</p>	

**DMCOC SENIOR NUTRITION MENU
NOVEMBER 2017**

Milk served daily