

# LHOI Adult Day Service

# Menu

# November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Alternative Meal Choices</b></p> <p>New England Potato Soup Tomato Basil Soup Chicken Pot Pie Chicken Ravioli</p>		<p>Daily service</p> <p>48oz Milk 2% or Almond 6oz - Juice Soft Drinks, Tea, Water 1 Serving of Bread with Butter</p>		<p>1</p> <p><b>BBQ Seasoned Steak with Potatoes</b> Tender Beef with roasted Potatoes, crisp Vegetables in a tangy BBQ Sauce</p> <p>Applesauce</p>
<p>4</p> <p><b>Country Style Chicken</b> Topped with Gravy and served with Mashed Potatoes, Corn, Green Beans and Broccoli</p> <p>Pears</p>	<p>5</p> <p><b>BBQ Pulled Pork &amp; Beans</b> Served with Carrots and Green Beans</p> <p>Mixed Fruit</p>	<p>6</p> <p><b>Hardy Beef taco Bowl</b> Toss Mix salad</p> <p>Pears</p>	<p>7</p> <p><b>Chicken with Cornbread Stuffing</b> Chicken served with Sweet Cornbread Stuffing, Spinach, Carrots and Peas</p> <p>Mixed Fruit</p>	<p>8</p> <p><b>Meatloaf</b> served with Sweet Potatoes Spinach, Carrots and Peas</p> <p>Applesauce</p>
<p>11</p> <p><b>Swedish Meatballs</b> Over creamy garlic noodles Broccoli</p> <p>Apple Sauce</p>	<p>12</p> <p><b>Chicken Parmesan</b> Penne Pasta with Chicken Parmesan, Peas and Carrot blend and Broccoli</p> <p>Mixed Fruit</p>	<p><b>Special Meal Food for the Soul</b></p>	<p>14</p> <p><b>Salisbury Steak</b> with Mushroom Gravy served with Mashed Potatoes and Sweet Corn</p> <p>Pears</p>	<p>15</p> <p><b>Lemon Caper Fish</b> Battered Pollack Fish with Lemon Caper Sauce and Orzo Pilaf, served with Green Beans and Cauliflower</p> <p>Mixed Fruit</p>
<p>18</p> <p><b>Grilled Chicken Alfredo Bake</b> Pasta, tender Chicken Breast, and wholesome Veggies, with Fettucine Noodles and four Cheese Alfredo sauce</p> <p>Peaches</p>	<p>19</p> <p><b>Tomato Basil Soup</b> Miles from the canned tomato soup of your childhood, aromatic and savory <b>Grilled Cheese Sandwich</b></p> <p>Mixed Fruit</p>	<p>20</p> <p><b>Holiday Meal</b> Turkey and Gravy Sweet Potatoes/Green Beans Pies</p> <p>Mandarin Oranges</p>	<p>21</p> <p><b>Chicken Pot Pie</b> Tender White Chicken meat in flaky crust with savory Gravy and Vegetables</p> <p>Peaches</p>	<p>22</p> <p><b>Angus Burger</b> Option: Cheese, Tomato, Lettuce Seasoned Steak Fries</p> <p>Mixed Fruit</p>
<p>25</p> <p><b>Chicken Ravioli</b> Chicken and Cheese filled Ravioli with creamy Garlic Alfredo Sauce topped with Peas, Carrots and Onions</p> <p>Mandarin Oranges</p>	<p>26</p> <p><b>New England Potato Soup</b> A sophisticated mix of seasonings, broth, vegetables, and pasta <b>Ham &amp; Cheese Sandwich</b></p> <p>Pears</p>	<p>27</p> <p><b>CLOSED FOR THE HOLIDAY HAPPY THANKSGIVING</b></p>		
<p><b>Snacks/Dessert</b></p> <p>Pudding, Puff Popcorn, Potato Chips, Cheese Puffs, Strawberry Nutri-Grain Bars, Wafer Cookies, String Cheese, Apple Cinnamon Crepes</p>				