

Guadalupe Senior Centers November 2023 Menu

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<p>**Please help us not waste food call in for Cancellations call 816-218-0972</p>	<p>**Please make reservations! Call 1-day ahead at 816-218-0972</p>	<p>Meat Loaf w/ Brown Gravy Mashed Potatoes Green Peas Wheat Dinner Roll Margarine Applesauce 1% Milk</p>	<p>Roast Pork Brown Gravy Brussels Sprouts Sweet Potato Patties White Dinner Roll Margarine Oatmeal Apple Crisp 1% Milk</p>	<p>Baked Shredded Pork Pico de Gallo Mexican Pinto Beans Mexican Rice Sour Cream White Corn Tortilla Fruit Delight 1% Milk</p>
6	7	8	9	10
<p>Chicken Pot Pie Brussels Sprouts Tossed Salad White Bread Ranch Dressing Margarine Chocolate Brownie 1% Milk</p>	<p>Beef Hot Dog Creamy Coleslaw Baked Beans WG Hot Dog Bun Pineapple Ring w/ Cottage Cheese Ketchup/ Mustard 1% Milk</p>	<p>Open Face Turkey Sandwich w/ Gravy Mashed Potatoes Peas W Wheat Bread Margarine Mandarin Oranges Graham Crackers 1% Milk</p>	<p>Beef Stew w/ Vegetables Tossed salad w/ Tomato & Red Cab FF French Dressing WW Biscuit Margarine Strawberries & Bananas 1% Milk</p>	<p><u>Center Closed</u> <u>For</u> <u>Veterans Day</u></p> 
13	14	15	16	17
<p>Pot Roast w/ Onions Potatoes & Carrots Pickled Beets Wheat Dinner Roll Margarine Orange 1% Milk</p>	<p>Chicken & Noodles w/ Shredded Cheddar Cheese Green Peas Cauliflower w/ Red Pepper Wheat Bread Pineapple Chunks Margarine 1% Milk</p>	<p>Liver & Onions Green Peas Au Gratin Potatoes Marble Rye Bread Margarine Tropical Fruit 1% Milk</p>	<p>Chili & Beans Shredded Cheese Diced Onions Corn Tossed Salad Tomato & Red Cab Whole Wheat Crackers FF Ranch Dressing Orange 1% Milk</p>	<p>Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine White Cake w/ Strawberries Vanilla Ice Cream 1% Milk</p>
20	21	22	23	24
<p>Turkey Ala King w/ Brown Rice Brussels Sprouts Carrots Margarine LS Soy Sauce Apple Sauce 1% Milk</p>	<p>Turkey Roast w/ Gravy Cranberry Sauce Mashed Potatoes Green Beans Breaded Stuffing Wheat Dinner Roll Margarine Pumpkin Pie w/Whipped topping 1% Milk</p>	<p>Hamburger American Cheese Lettuce, Tomato Pickle, Onion Potato Wedges WG Hamburger Bun Ketchup, Mustard, Mayo Orange 1% Milk</p>	<p><u>Center Closed</u> <u>For</u> <u>Thanksgiving</u></p> 	<p><u>Center Closed</u> <u>For</u> <u>Thanksgiving</u></p>
27	28	29	30	
<p>Chicken Parmesan Italian Vegetables Spinach Garlic Bread Margarine Vinegar Packet Garlic Bread Graham Crackers Fruit Delight 1% Milk</p>	<p>Scrambled Eggs Link Sausage Diced Potato & Sliced Onion Orange Juice Wheat Bread Margarine Fruit Cocktail 1% Milk</p>	<p>Turkey Sausage Red Beans & Rice Spinach Corn Bread Margarine Vinegar Packet Sliced Peaches 1% Milk</p>	<p>Grilled Chicken w/ Alfredo Penne Pasta Cape Cod Vegetables Tossed Salad w/ Red cab Garlic Bread Ranch Dressing, FF Margarine Fruit Delight 1% Milk</p>	