

November 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
NSI provided this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging	Please call 643-5730 by 8:00 with changes or leave a message anytime.	01) Crispy Chicken Salad Tater Tot Hotdish Mixed vegetables Cookie	02) Country Porkchop BBQ Chicken Baked potato Corn Fruit Crisp	03) Soup Sandwich Salad Dessert
06) Tater Crust Fish Pork Chop Potato Casserole Steamed broccoli Cookie	07) Spanish rice Chicken alfredo over Pasta Garlic breadstick Mixed vegetables Fruited gelatin	08) Riblet Roast beef Mashed potato/gravy Creamed peas Rice krispy bar	09) Liver N Onions Pepper steak Au gratin potatoes California blend Cake	10) Crispy Chicken salad Garlic bread stick Fruit Salad Rice krispy bar
13) Creamy chicken breast Ham Baked beans Pea and Carrot's Pudding	14) Chef Salad Spaghetti Meat sauce Wax beans Garlic breadstick Mandarin orange	15) Veal Roast pork Mashed potato/gravy Squash Jell-o/topping	16) Ham Country fried steak Potato Casserole California blend Lemon bar	17) Soup Sandwich Salad Dessert
20) Meatball's Chicken strips Boiled potatoes/gravy Scalloped corn Jell-o/topping	21) Liver N Onions Roast turkey Mashed potato/gravy Candied yams Cranberry salad Pumpkin bar	22) Creamy Chx Breast Meatloaf Baked potato Glazed carrots Fruit cup	23) Happy Thanksgiving Closed	24) Closed - Delivered the 22 nd Chicken pasta salad Garlic breadstick Dessert
27) Polish sausage Country fried steak Baked potato Green beans Fruit	28) Creamed Chicken Beef stew Biscuit Corn Jell-o/topping	29) Mac N Cheese Goulash Wax beans Warm baked apples	30) Chef Salad Chili Muffin Applesauce gelatin Brownie	This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change. Meals are served with low fat milk, bread, and

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