FORD CITY 724-763-2660

November

Armstrong County

Monday	Tuesday	Wednesday	Thursday	Friday
2 6oz Winter Beef Stew 1/2c Honey Glazed Carrots 1/2c Cheesy Herbed Rice Pilaf Fresh Fruit	**3** Crispy Chicken Cutlet 2 fl oz. Pan Gravy 1/2c Brussel Sprouts 1/2c Buttered Parsley Pasta 1/2c Fruit Medley	**4** Roasted Turkey Chef Salad 1c Italian Wedding Soup 1 Wheat Bread 4oz Orange Juice Dressing Packets (2) Birthday Cupcake *Birthdays*	**5** Tomato Braised Stuffed Cabbage 1/2c Garlic Mashed Potatoes 1/2c Broccoli Dinner Roll Fresh Fruit	**6** 1pc Breakfast Omelet 1/2c Herbed Breakfast Potatoes 1/2c Mandarin Oranges Buttery Biscuit
9 Classic Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Cauliflower Hamburger Bun Fresh Fruit	**10** Chopped Beef Steak 2 fl oz Pan Gravy 1/2c Buttered Rotini Pasta 1/2c Brussel Sprouts 1/2c Diced Pears	**Happy Veterans Day!** **11** Closed	**12** 3oz Braised Beef Pot Roast 2 fl oz Pan Gravy 1/2c Cheesy Mashed Potatoes 1/2c Vegeble Medley 1 Wheat Bread Fresh Fruit	**13** Chef's Grilled Chicken Salad 1c Cream of Broccoli Soup Cracker (1 pkg) 1/2c Flavored Gelatin 1 Wheat Bread Dressing Packets (2)
16 3oz Ham with BBQ Glazed 1/2c Green Peas 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw Hamburger Bun	**17** 6oz Sesame Orange Chicken over 3/4c Vegetable Fried Rice 1/2c Garlic Green Beans Fresh Fruit (Orange) Fresh Baked Cookie Milk / Margarine	**18** 1/2c Creamy Chicken Salad Hamburger Bun 1/2c Marinated Tomato & Cucumber Salad 1/2c Macaroni Salad Fresh Fruit	**Thanksgiving Special!** **19** 4oz Turkey w/ 4oz Gravy 1/2c Stuffing 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1oz Cranberry Sauce Holiday Dessert	**20** 6oz Sloppy Joe 1/2c Winter Blend Vegetables 1/2c Golden Roasted Potatoes Hamburger Bun
23 1c Chicken & Spaetzel Dumpling Soup 1c Garden Tossed Salad 1/2c Brown Sugar Glazed Carrots Buttery Biscuit 1/2c Mandarin Oranges	**24** (4) Swedish Meatballs in Cream Sauce 1/2c Buttered Parsley Pasta 1/2c Cauliflower 1/2c Fruit Medley	**25** Grilled Chicken Cacciatore 1/2c Parmesan Garlic Broccoli 1/2c Buttered Parsley Pasta Fresh Fruit	**Happy Thanksgiving!** **26** 	**27** Hot Dog on a Bun 1/2c Cheddar Cheese Potatoes 1/2c Green Peas Hot Dog Bun Fresh Fruit
30 BBQ Grilled Chicken Breast 1/2c Southern Braised Collard Greens 1/2c Warm Spiced Apples with Oats Dinner Roll			***Practicing gratitude has been linked to better sleep and lower stress. So remember what you're thankful for this Thanksgiving!***	