



Ozaukee County Senior Dining

ADRC COMMUNITY CAFE'S MONTHLY MENU

NOVEMBER 2019

Can you find the (▶) to WIN
a free lunch/1 winner only

♥ = Low Sugar Dessert

All meals served with 1% milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Today...and every day... we are grateful for</p> <p>our military service personnel, past and present, and the families who support them.</p>				<p>1</p> <p>BREADED FISH POTATO PANCAKES STEWED TOMATOES TARTAR SAUCE/KETCHUP SPICED APPLE SLICES FROSTED CAKE ♥ FRESH FRUIT</p>
<p>SWEDISH MEATBALLS 4 BUTTERED NOODLES DILLED BABY CARROTS BRUSSELS SPROUTS PUMPERNICKEL BREAD W/BUTTER FRESH APPLE TAPIOCA PUDDING ♥ SUGAR FREE PUDDING</p>	<p>Election Day 5 CHICKEN MARSALA W/MUSHROOMS MASHED POTATOES W/GRAVY 5 ▶ WAY MIXED VEG DINNER ROLL W/BUTTER DICED PEARS LEMON BAR ♥ FRESH FRUIT</p>	<p>6 BBQ PORK ON BUN BAKED BABY RED POTATOES CREAMY COLESLAW CANTALOUPE BAKER'S CHOICE COOKIE ♥ SUGAR FREE PUDDING</p>	<p>7 MEAT LASAGNA ITALIAN BEANS ROMAINE SALAD W/ CREAMY ITALIAN GARLIC BREAD PINEAPPLE FLUFF ♥ PINEAPPLE TIDBITS</p>	<p>8 CHEESEBURGER ON WW BUN W/LETTUCE LEAF & TOMATO SLICE KETCHUP/MUSTARD PKTS BROCCOLI SALAD AMERICAN FRIED POTATOES FRUITED YOGURT</p>
<p>ROAST BEEF 11 BAKED POTATO W/SOUR CREAM & CHEDDAR CHEESE CAESAR SALAD DINNER ROLL W/BUTTER FRUIT SALAD APPLE PIE ♥ APPLE</p>	<p>12 PORK CUTLET W/GRAVY MASHED POTATOES SWEET GREEN PEAS TOMATO & ONION SALAD WATERMELON WEDGE BANANA CAKE W/ CREAM CHEESE FROSTING ♥ BANANA</p>	<p>13 SWEET & SOUR CHICKEN W/PINEAPPLE, GREEN PEPPERS & ONIONS BROWN RICE STEAMED BROCCOLI FRESH ORANGE ALMOND COOKIE ♥ PINEAPPLE</p>	<p>14 CHICKEN GUMBO RED BEANS & RICE STEWED TOMATOES PEACHES WHEAT DINNER ROLL W/BUTTER FROSTED BROWNIE ♥ FRUIT</p>	<p>15 SLOPPY JOE WHOLE WHEAT BUN POTATO PANCAKES W/ KETCHUP PKT. BUTTERED SWEET CORN PUDDING ♥ PEARS</p>
<p>JUMBO HOT DOG W/ KETCHUP & MUSTARD 18 POPPY SEED BUN POTATO SALAD BAKED BEANS FRESH APPLE CHOCOLATE CHIP COOKIE ♥ SUGAR FREE COOKIE</p>	<p>19 OVEN ROASTED TURKEY MASHED POTATOES W/GRAVY GREEN BEAN CASSEROLE HERBED BREAD STUFFING CRANBERRY RELISH PUMPKIN PIE W/WHIPPED TOPPING ♥ SF ORANGE JELLO</p>	<p>20 WHOLE GRAIN SPAGHETTI W/ITALIAN MEAT SAUCE ITALIAN BLEND VEG ROMAINE SALAD W/ITALIAN DRESSING ITALIAN BREAD W/BUTTER PEAR HALF DESSERT BAR ♥ FRESH FRUIT</p>	<p>21 OVEN BAKED HAM SCALLOPED POTATOES ROASTED BRUSSEL SPROUTS PARKER HOUSE ROLL W/BUTTER PINEAPPLE WEDGE CHEESECAKE W/ CHERRY TOPPING</p>	<p>22 OVEN BAKED CHICKEN ON THE BONE SPAGHETTI SQUASH W/ PARMESAN AND GARLIC PEAS & CARROTS WHEAT ROLL W/BUTTER FROSTED CAKE ♥ FRESH FRUIT</p>
<p>ITALIAN SAUSAGE 25 W/ONIONS & GREEN PEPPERS AND MARINARA SAUCE SAUSAGE ROLL VEGETABLE PASTA SALAD FRESH PEAR PISTACHIO PUDDING ♥ SUGAR FREE PUDDING</p>	<p>26 HEARTY BEEF STEW MASHED POTATOES CREAMY CUCUMBER SALAD RYE BREAD W/BUTTER APPLE CRISP ♥ FRESH APPLE</p>	<p>27 SMOKED PORK CHOP HASHBROWN CASSEROLE WISCONSIN BLEND VEGETABLE MULTIGRAIN BREAD W/BUTTER BANANA PUMPKIN MUFFIN</p>	<p>28</p> <p></p> <p>Thanksgiving Day</p>	<p>29</p> <p></p>

Lunch is served at Noon* Menu is subject to change

Aging and Disability: (262) 284-8120