







NOVEMBER 2018

ANTELOPE VALLEY SENIOR CENTER (530)495-2323

****Please call 24 hours in Advance to reserve your meal****

SUBSTITUTIONS MAY OCCUR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
|  | | | Baked Chicken Scalloped Potatoes 3 Bean Salad on Greens Bran Muffin | BINGO Fish & Chips Coleslaw Blueberry Muffin Banana |
| 5 Shepherd's Pie Wheat Roll Green Salad Fruit Cocktail | 6 White Chili w/Turkey Cornbread Muffin Malibu Veggies Citrus Salad | 7 Breakfast Burrito w/ Egg, Bacon and Potato Carrot Salad Apple Cookie | 8 Orange Chicken Brown Rice Broccoli Berries & Cream | 9 Seafood Pasta Salad Bran Muffin Peaches/Cottage Cheese |
| 12 CLOSED VETERANS DAY  | 13 Italian Wedding Soup Spinach Salad Wheat Biscuit Tropical Fruit | 14 CRAFT DAY Chili Relleno Spanish Rice Refried Beans Mexican Coleslaw Jell-O with Fruit | 15 Grilled Chicken Salad Cheddar Biscuit Yogurt & Berry Parfait | 16 THANKSGIVING/BINGO Roast Turkey Mashed Potatoes/Gravy Dressing/Cranberry Roll/Green Beans PUMPKIN DESSERT |
| 19 Ham & Cheese Sandwich Tomato/Garbanzo Salad Chips Peaches | 20 Shrimp Louie Salad Bran Muffin Mango & Cream | 21 BBQ Chicken Brussels Sprouts Macaroni Salad Cornbread Muffin Pears | 22 CLOSED  | 23 CLOSED  |
| 26 Egg Salad Sandwich Chips Amish Slaw Pineapple/Cottage Cheese | 27 Country Captain Chicken Wild Rice Mixed Vegetables Mandarin Orange | 28 BIRTHDAY PARTY Cheeseburger Deluxe French Fries Broccoli Salad Peaches/Cake | 29 Sweet & Sour Pork Brown Rice 3 Bean Salad on Greens Banana/Pudding | 30 Broccoli Cheese Soup Chicken Nuggets Honey Wheat Roll Waldorf Salad |

Suggested Donation for Senior Meals \$ 2.00

Fixed Fee for Non-Senior or any order packed "TO GO" is \$ 4.50 per meal