

NOVEMBER 2024 SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>Meals must be ordered at least 1 day in advance by 11:00am.</p> <p>You may call 559-324-2750 to reserve or cancel your lunch.</p>	<p>HIGH SODIUM MEAL</p> 		<p>1</p> <p>Vegetable Chili Peas & Carrots Corn Muffin Pineapple Tidbits</p>
<p>4</p> <p>Chicken Stir Fry Onion, Broccoli and Bell Peppers Brown Rice Tropical Fruit</p>	<p>5</p> <p>Beef & Vegetable Stew California Mixed Veggies Wheat Dinner Roll Mandarin Oranges</p>	<p>6</p> <p>Hot Dog on Wheat Bun Hi C Salad Macaroni Salad Apricots</p> 	<p>7</p> <p>Chicken Fajitas Shredded Lettuce & Cheese Flour Tortilla Cantaloupe Chunks Pudding</p>	<p>8</p> <p>Beef Meatloaf w/ Gravy Vegetable Medley Mashed Potatoes Dinner Roll Tropical Fruit</p>
<p>11</p> <p style="font-size: small;">HONORING ALL WHO SERVED</p> <p style="font-size: large; font-family: cursive;">Veterans Day</p> 	<p>12</p>  <p>Pork Chili Verde Steamed Carrots Refried Beans Whole Grain Flour Tortilla Orange</p>	<p>13</p> <p>Beef Pepper Steak w/ Gravy Onions & Bell Peppers California Mixed Veggies Dinner Roll Tropical Fruit</p>	<p>14</p> <p>Tuna Salad Sandwich on Wheat Bread Broccoli Salad Apricots</p>	<p>15</p> <p>Stuffed Bell Pepper Vegetable Medley Dinner roll Honeydew Chunks</p>
<p>18</p> <p>Santa Fe Chicken Thigh Mashed Sweet Potatoes Dinner roll Mandarin Oranges</p>	<p>19</p> <p>Breaded Fish Peas & Carrots Brown Rice Tropical Fruit</p>	<p>20</p> <p>Chicken Bowtie w/ Pesto Sauce Hi C Salad Sourdough Bread Apricots</p>	<p style="font-size: large; font-weight: bold; color: purple;">Jolly Times</p>	<p>22</p> <p>Beef Broccoli Brown Rice Pineapple Tidbits Pudding</p>
<p>25</p> <p>Chicken Meatballs w/ Gravy California Mixed Veggies Brown Rice Tropical Fruit</p>	<p>26</p> <p>Beef Salisbury Steak w/ Gravy Vegetable Medley Mashed Potatoes Dinner Roll Orange</p>	<p>27</p> <p>Chicken Thigh w/ Mushroom Sauce Steamed Carrots Dinner Roll Honeydew Chunks</p>		<p>29</p>

FUNDING THROUGH: FRESNO-MADERA AREA AGENCY ON AGING
SENIORS 60 YEARS & OLDER SUGGESTED DONATION: \$2.50 **NON-SENIOR RATE: \$6.27**