

LUNCH CALENDAR

NOVEMBER, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Swedish Meatballs Egg Noodles Brussel Sprouts Wax Beans Juice	Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable 5 Cup Salad	Split Pea Soup (LS Alt = Vegetable Soup) Turkey Sandwich Pickled Beets Broccoli Salad
Baked Ham (LS Alt = Pork Roast) Scalloped Potatoes Normandy Vegetable Blend Baked Apples	Chicken & Noodles Mashed Potatoes Green Beans Pears Pudding	Lasagna Steamed Broccoli Sliced Carrots Dark Sweet Cherries	Hot Chicken Sandwich Roasted Potatoes Green Beans Peas Orange Sections	CLOSED FOR VETERAN'S DAY
Beef Stew Buttered Beets Fruit Crunch	Breakfast Sandwich Sausage, Egg and Cheese Hash Brown Casserole Corn Nuggets Pineapple	Parisian Soup Seafood Salad Sandwich Tossed Salad Pea Salad	Hamloaf (LS Alt = Meatloaf) Sweet Potatoes Malibu Blend Vegetables Apple Sauce	Chili Mexican Style Rice Corn Banana Juice
Fish Sandwich Macaroni & Cheese Stewed Tomatoes Cole Slaw Juice	Cheese Burger Seasoned Potato Wedges Normandy Vegetable Blend Fresh Fruit	Roast Turkey Savory Bread Dressing Green Bean Casserole Orange Cranberry Relish Pumpkin Pie	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING HOLIDAY
Smoked Sausage (LS Alt = Uncured Franks) Sauerkraut Smashed Red Potatoes Peas & Onions Fresh Fruit	Beef Vegetable Soup Egg Salad Sandwich Spinach Salad Jell-O	Creamed Chicken Over Biscuits Winter Vegetable Blend Fruit Crisp	Steamed Franks (LS Alt = Chicken Breast) Baked Beans Cauliflower Peaches	