



# C.H.A.M.P.S.S. Lunch Menu

# November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1st Week</b> 1	<b>1st Week</b> 2	<b>1st Week</b> 3	<b>1st Week</b> 4	<b>1st Week</b> 5	<b>1st Week</b> 6
	Spaghetti with Meat Sauce Italian Blend Vegetables Tossed Salad/Dressing Apple Crisp (FR) Garlic Bread Stick Beverage	Cream of Broccoli Soup Patty Melt Sweet Potato Fries Fruited Gelatin with Beverage	Sweet & Sour Pork Steamed Rice Oriental Vegetables Mandarin Orange Cake Beverage	Resident's Choice (3 oz Pro/1 Grain/1 Veg) Beverage	Chicken Alfredo Over Penne Buttered Peas Tossed Salad/Dressing Banana Cream Pie Garlic Bread Stick Beverage	Beef Fritter Brown Gravy Macaroni & Cheese Steamed Broccoli (A) Frosted Spice Cake Bread & Margarine Beverage
<b>1st Week</b> 7	<b>2nd Week</b> 8	<b>2nd Week</b> 9	<b>2nd Week</b> 10	<b>2nd Week</b> 11	<b>2nd Week</b> 12	<b>2nd Week</b> 13
Pork Loin Garden Blend Rice Creamy Cole Slaw Fruit Salad Bread & Margarine Beverage	Lasagna California Blend Vegetables Tossed Green Salad Fruit Shortcake (FR) Garlic Bread Stick Beverage	Pulled Pork on Bun Baked Beans Green Beans Peach Crisp (FR) Beverage	Meatloaf with Ketchup Glaze Mashed Potatoes & Gravy Spinach Bake (A) Pineapple Upside Down Cake Dinner Roll Beverage	Cheese Enchiladas Spanish Rice Refried Beans Ice Cream Beverage	Chili Cheese Dog on Bun Tater Tots Green Pea Salad Cookie Beverage	Taco Burger on a Bun Five Way Mixed Vegetables (A) Tossed Salad/Dressing Cranberry Oat Bar Garlic Bread Stick Beverage
<b>2nd Week</b> 14	<b>3rd Week</b> 15	<b>3rd Week</b> 16	<b>3rd Week</b> 17	<b>3rd Week</b> 18	<b>3rd Week</b> 19	<b>3rd Week</b> 20
Pork Loin Parslied Buttered Potatoes Broccoli with Cheese Sauce (A) Carrot Cake w/Cream Cheese Frosting Dinner Roll/Margarine Beverage	Minestrone Soup Egg Salad on Croissant Mandarin Beet Salad Chocolate Chip Cookie Bar Milk/Beverage	Creamy Mushroom Chicken Baked Potato w/Sour Cream Buttered Carrots (A) Pumpkin Bar Dinner Roll/Margarine Beverage	Beef Pot Roast w/ Brown Gravy Carrots, Potatoes, Onions, Celery (A) Rice & Orzo Pilaf Strawberry Rhubarb Pie Dinner Roll Beverage	Resident's Choice (3 oz Pro/1 Grain/1 Veg) Beverage	Baked Salmon Cheesy Baked Rice & Beans Italian Vegetable Blend (A) Bread & Margarine Pear Crisp (FR) Beverage	Chicken Noodle Soup Ham Salad Sandwich Fruit Salad Milk/Beverage
<b>3rd week</b> 21	<b>4th Week</b> 22	<b>4th Week</b> 23	<b>4th Week</b> 24	<b>4th Week</b> 25	<b>4th Week</b> 26	<b>4th Week</b> 27
Garden Vegetable Soup Broccoli & Cheese Strata Hash Brown Patty Ambrosia Milk/Beverage	Chicken Alfredo Over Fettuccini Green Beans with Onions Pineapple Crisp (FR) Bread Stick Beverage	Glazed Baked Ham Mashed Potatoes Sauteed Cabbage Pecan Pie Dinner Roll Beverage	Soft Taco Lettuce, tomato, Cheese Spanish Rice Autumn Fruit Crumble Beverage	Roast Turkey & Gravy Cornbread Dressing Glazed Carrots (A) Pumpkin Pie (A) Beverage	Cheesy Potato Soup Deli Sandwich Lettuce/Tomato/Pickle Ketchup/Mayo/Mustard Strawberries & Bananas Milk/Beverage	Hamburger or Cheeseburger on Bun French Fries California Blend Vegetables Ketchup Glazed Applesauce Cake Beverage
<b>4th Week</b> 28	<b>5th Week</b> 29	<b>5th week</b> 30				
Roast Beef Mashed Potatoes & Gravy Buttered Carrots (A) Pears Dinner Roll/Margarine Beverage	Meatball Sub Sandwich Steak Fries Ranch Vegetable Salad Fruit Upside Down Cake Ketchup Milk/Beverage	Seafood Patty Rice Pilaf Five Way Mixed Cheese Herb Biscuit Sherbet Milk/Beverage				



# C.H.A.M.P.S.S. Dinner Menu

# November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1st Week</b> 1	<b>1st Week</b> 2	<b>1st Week</b> 3	<b>1st Week</b> 4	<b>1st Week</b> 5	<b>1st Week</b> 6
	Herb Baked Fish Tartar Sauce Cheesy Rice Buttered Carrots (A) Frosted Chocolate Cake Biscuit Milk/Beverage	*Roast Pork Mashed Sweet Potatoes Seasoned Spinach (A) Iced Raisin Bars Dinner Roll Milk/Beverage	Cheesy Ham & Hashbrown Casserole Broccoli Slaw (A) Strawberries & Bananas Cornbread/Margarine Milk/Beverage	Philly Cheesesteak Sandwich w/Onions & Rosemary Red Potatoes Marinated Tomato Salad Baked Apple Slices Milk/Beverage	Baked Beef Stew w/Biscuit Topping Harvard Beet Salad Tropical Fruit Milk/Beverage	Homemade Cream of Tomato Soup Bacon Grilled Cheese Tater Tots Ice Cream Sundae Ketchup/Mustard Milk/Beverage
<b>2nd Week</b> 7	<b>2nd Week</b> 8	<b>2nd Week</b> 9	<b>2nd Week</b> 10	<b>2nd Week</b> 11	<b>2nd Week</b> 12	<b>2nd Week</b> 12
Baked Ham Loaded Mashed Potatoes Asparagus Tips Cherry Pie Cornbread/Margarine Milk/Beverage	Crispy Chicken Sandwich on Bun Potato Chips Marinated Carrots (A) Chocolate Mousse Milk/Beverage	Salisbury Steak w/Gravy Parslied Buttered Noodles Buttered Peas Bread Pudding with Bread & Margarine Milk/Beverage	Chicken & Dumplings Buttered Carrots (A) Fruit Cobbler (FR) Dinner Roll Milk/Beverage	Resident's Choice (3 oz Pro/2 Grain/2 Veg) Milk/Beverage	Tuna Noodle Casserole Vegetable Blend Cinnamon Baked Apples Bread/Margarine Milk/Beverage	Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Green Bean Casserole Cranberry Oat Bar Milk/Beverage
<b>3rd Week</b> 14	<b>3rd Week</b> 15	<b>3rd Week</b> 16	<b>3rd Week</b> 17	<b>3rd Week</b> 18	<b>3rd Week</b> 19	<b>3rd Week</b> 20
Salisbury Steak Mashed Potatoes & Gravy Buttered Com Apple Cobbler (FR) Bread & Margarine Beverage	Meatloaf Brown Gravy Macaroni & Cheese Carrots Fruit Cup Bread & Margarine Milk/Beverage	Sloppy Joe on Bun Tater Tots Ketchup Spiced Peaches Milk/Beverage	Swedish Meatballs with Sauce Buttered Rice Spinach Bake (A) Fruited Gelatin (FR) Bread & Margarine Beverage	Deluxe Potato Ham Bake Five Way Mixed Vegetables (A) Pudding Parfait Cornbread/Margarine Milk/Beverage	Turkey Pot Pie with Vegetables Biscuit Tossed Salad/Dressing Goopy Butter Cookies Milk/Beverage	Pork Fritter Sour Cream Chive Mashed Potatoes Country Gravy Lima Beans Cherry Cheesecake Bread & Margarine Beverage
<b>4th Week</b> 21	<b>4th Week</b> 22	<b>4th Week</b> 23	<b>4th Week</b> 24	<b>4th Week</b> 25	<b>4th Week</b> 26	<b>4th Week</b> 27
Beef Pot Roast with Gravy Baby Bakers Roasted Baby Carrots & Onions (A) Caramel Brownie Dinner Roll/Margarine Milk/Beverage	Country Fried Steak w/ Gravy Garlic Mashed Potatoes Buttered Peas Chocolate Mousse Bread/Margarine Milk/Beverage	Beef Stew Battered Cauliflower Salad Dressing Biscuit Apple Orchard Bar Milk/Beverage	Hot Sliced Pork on Bun Onion & Pickle Slice Sweet Potato Fries Creamy Cole Slaw Frosted Cake Milk/Beverage	Resident's Choice (2 oz Pro/1 Grain/2 Veg) Milk/Beverage	Cheesy Ground Beef Pasta Skillet Lima Beans Banana Pudding Biscuit Milk/Beverage	Baked Chicken Hashbrown Casserole Chopped Spinach (A) Tapioca Pudding Beverage
<b>5th Week</b> 28	<b>5th Week</b> 29	<b>5th Week</b> 30				
Chicken Tenders Baked Macaroni & Cheese Green Beans w/ Red Pepper Apple Pie Bread & Margarine Milk/Beverage	Beef Stroganoff Over Egg Noodles Steamed Broccoli (A) Caesar Salad Bread & Margarine Chocolate Cream Pie Beverage	Herb Roasted Pork Loin with Gravy Sweet Potato Casserole (A) Creamed Spinach (A) Black Forest Cake Bread & Margarine Beverage				