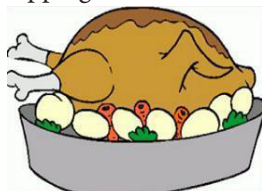





November 2017- Meals Calendar

Please call 24 hours in advance to reserve or cancel lunch- suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
		1 baked boneless chicken teriyaki, parsleyed red potatoes, spinach roll, fruit filled cookie	2 tomato topped meat-loaf, sour cream & chive mashed potatoes, honey dill carrots, pumpernickel bread, butterscotch pudding	3 No regular Friday Lunch
6 Coffee Hour Topic: Fire and Co2 Safety presented by the Burlington Fire Dept.	7 Monthly Birthday Luncheon turkey chili, green salad and a cookie, catered by the Bagel Cafe	8 open faced hot hamburger sandwich with gravy, roasted red potatoes, yellow squash, zucchini & tomato medley, ambrosia	9 broccoli cheddar soup, caesar salad with grilled chicken & croutons, fruited jello	10 No regular Friday Lunch
13 Coffee Hour Topic- TED Talk, The Lives and Communication Habits of Giant Trees	14 pork riblets, baked potato, sour cream, broccoli & cauliflower, wheat bread, carrot cake	15 Thanksgiving Lunch roast turkey with gravy, cranberry sauce, stuffing, mashed potatoes, creamy winter squash, wheat roll, pumpkin pie with topping 	16 baked stuffed peppers, greek salad, pumpernickel bread, lemon meringue pie	17 No regular Friday Lunch
20 Coffee Hour Topic- Avoiding the Cold and Flu this Winter presented by Wellness Nurse Samantha Mithchell	21 bbq chicken, hot baked beans, hot vegetable medley, marble rye bread, cherry pie	22 beef stew, garden salad, biscuit, chocolate cupcakes	23 Center Closed for Thanksgiving Holiday 	24 Center Closed for Thanksgiving Holiday
27 Coffee Hour Topic- TED Talk, All About Robots	28 swedish meatballs, with mushroom gravy, baked potato with sour cream, peas & onions, pumpernickel bread, mandarin oranges	29 stuffed shells & marinara, yellow beans, wheat roll, strawberry shortcake with topping	30 salisbury steak with mushroom gravy, spinach, baked potato with sour cream, marble rye bread, fruit filled cookie	Dec 1 No regular Friday Lunch