

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Oatmeal Farmers Omelet Pork Sausage Fruit, Juice, and Milk	2 Raisin Bran Cereal Tropical Waffles with Mangoes and Whipped Cream Cottage Cheese Fresh Pineapple Fruit, Juice, and Milk	3 Baked Stuffed Potato Easy Vegan Chorizo Toasted Oats Cereal Fruit, Juice, and Milk
6 Hard Boiled Egg Mini Croissant Oatmeal Turkey Sausage Link Fruit, Juice, and Milk	7 Center Closed for Election Day	8 Home Fries Raisin Bran Cereal Shakshuka Whole Wheat Pita Fruit, Juice, and Milk	9 Oatmeal Plain French Toast Yogurt Parfait with Peaches Fruit, Juice, and Milk	10 Bran Flakes Cereal Home Fries Western Frittata Fruit, Juice, and Milk
13 Instant Plain Oatmeal Whole Wheat Grilled Cheese Orange Sliced Tomatoes Fruit, Juice, and Milk	14 Home Fries Raisin Bran Cereal Scrambled Eggs with Swiss Whole Wheat Mini Bagel Fruit, Juice, and Milk	15 Blueberry Pancakes Toasted Oats Cereal Cottage Cheese Fruit, Juice, and Milk	16 Eggs Benedict Home Fries Raisin Bran Cereal Lettuce and Tomato Fruit, Juice, and Milk	17 Cheese Blintzes Farina Plain Non-Fat Yogurt Fruit, Juice, and Milk
20 Home Fries Pork Sausage Link Scrambled Eggs Whole Wheat Mini Bagel Fruit, Juice, and Milk	21 Bran Flakes Cereal Cinnamon Challah French Toast Yogurt Parfait with Strawberries Fruit, Juice, and Milk	22 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice, and Milk	23 Center Closed for Thanksgiving Day	24 Center Closed for Thanksgiving Day
27 Hard Boiled Egg Mini Croissant Oatmeal Turkey Sausage Link Fruit, Juice, and Milk	28 Blueberry Pancakes Toasted Oats Cereal Cottage Cheese Fruit, Juice, and Milk	29 Home Fries Raisin Bran Cereal Shakshuka Whole Wheat Pita Fruit, Juice, and Milk	30 Oatmeal Plain French Toast Yogurt Parfait with Peaches Fruit, Juice, and Milk	

Meal Information: In Person Breakfast | Monday – Friday | 9:00 AM – 10:00 AM | 2nd FL. Dining Room
Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cream of Broccoli Soup Beef Meatloaf with Mushroom Gravy Challah Bread Cauliflower and Potato Mash Garden Salad Fruit and Milk	2 Pork Spare Ribs Whole Wheat Dinner Roll Mixed Green Salad Warm Potato Salad Fruit and Milk	3 Spanish Style Baked Fish Whole Wheat Dinner Roll Garden Salad Yellow Plantains Fruit and Milk
6 Curried Jamaican Stew Brown Rice Whole Wheat Dinner Roll Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk	7 Center Closed for Election Day	8 Egg Drop Soup Sweet and Sour Beef Meatballs Brown Rice Broccoli with Toasted Garlic Fruit and Milk	9 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Dinner Roll Yellow Rice Cuban Black Beans Garden Salad Fruit and Milk	10 Salmon in Garlic Butter Sauce Challah Bread Baby Carrots and Parsley Potato Pancake Fruit and Milk
13 Butternut Squash Soup California Veggie Burger Whole Wheat Hamburger Bun Cole Slaw French Fries Fruit and Milk	14 Chicken Cacciatore Whole Wheat Dinner Roll Broccoli and Red Peppers Instant Mashed Potatoes Fruit and Milk	15 Chili con Carne Cornbread White Rice Mixed Green Salad Fruit and Milk	16 Baked Breaded Pork Chops Whole Wheat Dinner Roll California Blend Vegetables Potato Pancake Fruit and Milk	17 Sirovich Thanksgiving Lunch Tickets will be sold starting 11/6 from 12PM - 1PM in the lobby
20 Lentil Stew with Carrots and Turnips Cilantro Lime Rice Naan Bread Mixed Green Salad Fruit and Milk	21 Chicken Piccata Whole Wheat Dinner Roll Broccoli and Red Peppers Garlic and Rosemary Roasted Potatoes Fruit and Milk	22 Beef Meatloaf with Mushroom Gravy Challah Bread Cauliflower and Potato Mash Garden Salad Cream of Broccoli Soup Fruit and Milk	23 Center Closed for Thanksgiving Day	24 Center Closed for Thanksgiving Day
27 Curried Jamaican Stew Brown Rice Whole Wheat Dinner Roll Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk	28 Arroz con Pollo Chicken Breast and Rice Whole Wheat Dinner Roll Arugula with Balsamic Vinaigrette Fruit and Milk	29 Egg Drop Soup Sweet and Sour Beef Meatballs Brown Rice Broccoli with Toasted Garlic Fruit and Milk	30 Pork Tenderloin with Zesty Cilantro Sauce Yellow Rice Cuban Black Beans Garden Salad Fruit and Milk	

Meal Information: In Person Lunch | Monday – Friday | 12:00 PM – 1:00 PM | 2nd FL. Dining Room, Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*