WOCAO Nov 2019

11/01/19

Pot Roast w Gravy Whole Potatoes corn WW Roll w Margarine Brownie Milk

11/04/19	11/05/19	11/06/19	11/07/19	11/08/19
Sausage w pepper				
& Onions	Chili w Beans	Salisbury Steak w Gravy	Lasagna	Chicken Pot Pie
Baked Beans	Corn	Mash Potatoes	Italian Green Beans	Peas
Cole Slaw	Broccoli	Honeyed Carrots	Spinach Salad w Dressing	corn
WW Bun	WG Crackers	WW Roll	Cobbler	Yogurt
Mustard	Yogurt	Fruit	Milk	Milk
Cobbler	Milk	Milk		
Milk				
11/11/19	11/12/19	11/13/19	11/14/19	11/15/19
	Chicken w gravy	Spaghetti with meatballs	Pot roast w gravy	Hotdog
Site	Rice	corn	mashed potatoes	Baked Beans
Closed	Greens	Spinach Salad w dressing	mixed veggies	Cole Slaw
for Veterans	Cornbread	Hot spiced apples	WW rolls	Spiced Apples
Day	Yogurt	Milk	Fruit	WW Bun
				Mustard, Ketchup,
	Milk		Milk	Relish
				Milk
11/18/19	11/19/19	11/20/19	11/21/19	11/22/19
BBQ pork chop	Beef Stew	Ham & Beans	Hamburger	Fish w lemon
Northern Beans	Beets	Greens	Baked Beans	broccoli
Veggies	Salad w dressing	Mashed sweet potatoes	Cobbler	Potatoes wedges
WW Roll	WW roll	cornbread	Lettuce/Tomato/Onion	Yogurt
cookies	Cobbler	pudding	WW Bun	Milk
Milk	Milk	Milk	Mayo/Ketchup/Mustard	
			Milk	
11/24/19	11/26/19	11/27/19	11/28/19	11/29/19
Meatballs & Gravy	Chicken Tetrazzini	Thanksgiving	Site	Site
Green Beans	Lima Beans	Meal	closed	closed
Mash Potatoes	Carrots		for	for
Fruit	Yogurt		Thanksgiving	Thanksgiving
Milk	Milk			