

This program is funded
in part by:



City of Jacinto City
Heritage Hall Senior Center
713-554-9046

November Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1-Nov	2-Nov	3-Nov	4-Nov
	Chicken Nuggets Oven Roasted Potatoes Lemon Brussels Sprouts Wheat Bread Fresh Fruit Milk Ketchup	Beef Hot Dog Baked Beans Broccoli Hot Dog Bun Lemon Gelatin Milk Mustard	King Ranch Chicken Casserole Whole Kernel Corn Sliced Carrots Texas Bread Chocolate Chip Cookie Milk	Salisbury Beef Brown Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk
7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
Chicken Fajita Mexican Rice Fiesta Vegetables Flour Tortilla Fresh Orange Milk	Beef Meatball Stroganoff Broccoli Diced Beets Texas Bread Nutty Buddy Bar Milk	Lemon Caper chicken Whipped Potatoes Dilled Carrots Wheat Bread Strawberry Gelatin Milk	BBQ Pork Rib Patty+ Baked Beans Cabbage Wheat Bread Fresh Fruit Milk	Valley Closed
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
Smoked Sausage+ Parslied Rice Mixed Vegetables Wheat Bread Fresh Fruit Milk	Chicken Piccata Green Peas Cauliflower Texas Bread Fudge Cream Cookie Milk	Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Lime Gelatin Milk	Ham and Lima Beans+ Country Tomatoes Cabbage Cornbread Gingerbread Cookie Milk Margarine	Diced BBQ Turkey* Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
Pomodoro Chicken Meatballs Penne Pasta Italian Vegetables Texas Bread Fresh Fruit Milk	Beef Frito Pie Parslied Rice Green Beans Corn Chips Nutty Buddy Bar Milk	Turkey Breast with Gravy* Macaroni and Cheese Glazed Carrots Dinner Roll Chocolate Graham Crackers Milk	Center Closed	Center Closed
28-Nov	29-Nov	30-Nov	* - Turkey + - Pork	
Meatloaf Tomato Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk	Baked Chicken with Gravy Lemon Herb Pasta Green Beans with Onions Wheat Bread Oatmeal Cream Cookie Milk	Beef Chili with Beans Rice Spinach Cornbread Fresh Fruit Milk Margarine		