

LUNCH CALENDAR

NOVEMBER, 2022

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative **(Items must be ordered at least one week in advance)**

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate **(Items must be ordered at least one week in advance)**

Checks Payable to: Fulton County Senior Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| | Beef Vegetable Soup Ham & Cheese Sandwich Three Bean Salad 5 Cup Salad 1 | Hot Chicken Sandwich Roasted Potatoes Mixed Vegetables Tropical Fruit 2 | Country Fried Steak w/Country Gravy Mashed Potatoes Midori Blend Vegetables Peaches 3 | Chili w/Beans Mexican Style Rice Summer Squash Mixed Berries Juice 4 |
| BBQ Rib Sandwich Succotash Cole Slaw Baked Apples 7 | Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Green Beans Fruit Salad 8 | Beef & Noodles Mashed Potatoes Green Beans Mixed Fruit 9 | Steamed Franks (LS Alt=Chicken Breast) Baked Beans Scandinavian Vegetables Orange Sections 10 | 11 CLOSED FOR VETERANS DAY |
| Baked Fish Macaroni & Cheese Stewed Tomatoes Dark Sweet Cherries Juice 14 | Hamburger Gravy Mashed Potatoes Summer Squash Apples Cookies 15 | Chicken Noodle Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Tossed Salad Jell-O 16 | Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Pears 17 | Creamed Chicken Buttered Beets Cooked Cabbage Fresh Fruit 18 |
| Pub Burgers Seasoned Potato Wedges Mixed Vegetables Pineapple 21 | Sausage & Sauerkraut (LS Alt=Turkey Franks) Smashed Red Potatoes Peas Mixed Fresh Fruit 22 | Baked Chicken Mashed Potatoes Green Bean Casserole Orange Cranberry Jell-O Pumpkin Pie 23 | 24 CLOSED FOR THANKSGIVING | 25 CLOSED FOR THANKSGIVING HOLIDAY |
| Tomato Basil Soup (LS Alt=LS Tomato Soup) Tuna Salad Sandwich Three Bean Salad Hawaiian Fruit Salad 28 | Pot Roast Boiled Potatoes Carrots Oranges 29 | Baked Ham (LS Alt=Pork Roast) Sweet Potatoes Winter Blend Vegetable Bananas Pudding 30 | | |