

November 2024 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ham & Cheese Sandwich Chips Celery Sticks
4 Parmesan Chicken Pasta Steamed Broccoli	5 Salisbury Steak Mashed Potatoes Mixed Vegetables	6 Pork Chops Mushroom Gravy Rice Pilaf Green Peas	7 Chili con Carne Roasted Potatoes Diced Carrots	8 Chicken Caesar Salad Wheat Roll Cherry Tomatoes
11 Closed - Holiday 	12 Meatballs Sweet Chili Sauce Steamed Rice Broccoli	13 Chicken Enchiladas Spanish Rice Southwestern Vegetables	14 Beef Lasagna California Vegetables	15 Turkey & Cheese Sandwich Macaroni Salad
18 Creamy Garlic Herb Chicken Rice Peas & Carrots	19 Meatballs in Marinara Sauce Pasta Italian Vegetables	20 Sesame Chicken Brown Rice Stir Fried Vegetables	21 Thanksgiving Turkey Mashed Potatoes Green Beans Pumpkin Pie	22 Tuna Sandwich Chips Cucumber Salad
25 Chicken Stir-fry Brown Rice Steamed Cabbage	26 Pulled Pork Roasted Potatoes Corn	27 Chicken Fajitas (Onions & Peppers) Spanish Rice Pinto Beans	28 Closed - Holiday	29 Closed - Holiday

Milk, bread and margarine served at every meal



Indicates sodium above 760mg per meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

Congregate Site Reservations must be made by 1:30 pm the business day before

Corona Snr Ctr 951-739-4966
 Mead Valley 951-210-1587
 Stratton 951-826-5355

Good Hope 951-943-9126
 Murrieta 951-461-6122
 Temecula 951-694-6464

Janet Goeske 951-351-8801
 Norco 951-270-5647
 Villegas 951-351-6142

Lake Elsinore 951-674-2526



All Meals Funded By Office On Aging 1-877-932-4100