

MONDAY (Breakfast for Lunch @ BW)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
Spanish Rice 2 Green Beans w/ Mushrooms Spinach Chilled Peaches	Pepperjack Chicken 3 Sandwich w/ Ranch Dsg Seasoned Potato Wedges Minestrone Soup Pineapple Tidbits	Veterans Remembrance Roasted Pork w/ Gravy 4 Mashed Potatoes w/ Gravy Autumn Mixed Veggies Strawberry Shortcake	Vegetarian Chili over 5 Baked Potato Tossed Salad w/ 1000 Island Dressing Black Forest Brownie	Fish Florentine OR 6 Pierogi w/ Onions Rice Pilaf Whole Baby Carrots Low-fat Muffin
Chicken Cacciatore 9 Fettuccini w/ Butter Peas w/ Pearl Onions Cinnamon Applesauce	Pub Burger w/ Onion, 10 Lettuce, Cheese & Tom. Baked Beans Corn Peanut Butter Cookie	11 <i>CLOSED for Veterans Day</i>	Turkey ala King 12 Over a Biscuit O'Brien Potatoes Yellow Wax Beans Pudding	Stuffed Tilapia OR 13 Sliced Ham w/ Hrsrdsh Lemon Rice Pilaf Broccoli Tropical Fruit Cup
Beef Stroganoff 16 Wide Noodles Corn w/ Pimento Mandarin Oranges	Savory Chicken Filet 17 w/ Gravy Chantilly Potatoes Whole Baby Beets Frosted Lemon Cake	Thanksgiving Luncheon Roast Turkey w/ Gravy 18 Bread Dressing w/ Gravy Winter Squash Cranberry Sauce Pumpkin Pie w/ Topping	Macaroni & Cheese 19 Stewed Tomatoes Brussels Sprouts Sliced Pears	Holupki OR 20 Breaded Fish w/ Tartar Seasoned Whole Potatoes Three Bean Casserole Oatmeal Cookie
Sweet & Sour Chicken 23 Over Rice Emperor's Blend Veggies Mandarin Oranges Butterscotch Pudding	Liver w/ Onions OR 24 Sausage w/ Pepper/Onion Herbed Potatoes Peas w/ Pearl Onions Pumpkin Cookie	Cheesy Shell Casserole 25 Broccoli Yellow Wax Beans w/ Pimento Gingerbread w/ Lemon Sce	26 <i>CLOSED – Happy Thanksgiving!</i>	27 <i>CLOSED – Happy Thanksgiving!</i>
Chicken Rib BBQ 30 Mashed Potatoes w/ Marg. Succotash Lemon Cookie	Ravioli w/ Meat Sauce 12/1 OR Mushroom Omelet Italian Green Beans Carrot Coins Heavenly Hash	Turkey Salad 12/2 Sandwich w/ Lettuce/Tom. Baked Beans Hearty Vegetable Soup Banana	Roast Beef w/ Gravy 12/3 Mashed Potatoes w/ Gravy Broccoli Peanut Butter Brownie	Stuffed Salmon w/ 12/4 Dill Sauce OR Salisbury Steak w/ Gravy Bread Dressing w/ Gravy Winter Squash Ice Cream Slice w/ Caramel

November '09 Lunch Menu

at Broome County Senior Centers. Age 60+ – \$2.50; Under Age 60 – \$3.50

Reservations are needed by noon the day before. Menu subject to change.

For more information or the telephone number of a senior center near you, call 778-2411.