

Dexter Senior Center Meal Calendar November 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 4 Smoked Sausage Sandwich w/ Ketchup & Mustard, Savory Sauerkraut, Cauliflower Polainase, Mandarin Oranges, WW Hotdog Bun, Milk-1% | 5 No Meals | 6 Cheddar Cheese Omelet, O'Brien Potatoes, 100% Apple Juice, Apricots, Fruit Muffin w/ Margarine, Milk-1% | 7 Maurice Salad: Diced Ham (1 oz.), Diced Turkey (1 oz.) & Shredded Swiss Cheese (1 oz.), Garden Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes, Twice Baked Potato Chowder w/ LS Crackers (2), Fresh Banana, Pita Bread w/ Margarine, salad dressing, Milk-1% | 8 Turkey Pot Roast, Mashed Potatoes w/ LS Gravy, Cucumber, Tomato & Onion Salad, Strawberries w/ Whip Topping, WW Dinner Roll w/ Margarine, Oatmeal Cookie, Milk 1% |
| 11 No Meals | 12 Teriyaki Beef Dippers w/ Teriyaki Sauce, Baked Beans, Dill Carrot Coins, Tropical Fruit Salad, Cornbread w/ Margarine, Milk - 1% | 13 Stuffed Cabbage, Garden Green T Salad w/Romaine, Italian Dressing (1 oz.), Garlic Mashed Redskin Potatoes, Mixed Berries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk-1% | 14 Tuna Salad Sandwich, Pasta Salad w/ Vegetables, Broccoli Cheese Soup w/ LS Crackers (2), Vegetable Blend, Pineapple Dessert, WW Dinner Roll w/ Margarine, Milk - 1% | 15 Polynesian Chicken Breast, Baked Potato, Key West Dessert, WW Dinner Roll w/ Margarine, Milk - 1% |
| 18 Salisbury Steak w/ LS Beef Gravy (1 oz.), Zucchini & Tomatoes, Diced Carrots, Cinnamon Applesauce, WW Dinner Roll w/ Margarine, Milk - 1% | 19 Cheesy Lasagna Roll Ups (2 each) w/ Parmesan Cheese, Green Beans, Italian Garden Green Salad w/ (garbanzo bean garnish 1oz.) w/ Romaine w/ Ranch Dressing (1 Peaches, Fresh Red or Yellow Cranberry Sauce, Corn Bread Dressing, Pumpkin Pie w/ Whip Topping, Milk-1% | 20 Birthday Luncheon at DSC Chili con Carne w/ Beans, Spinach Salad with Egg & Fresh Mushroom garnish w/French dressing, Garlic Mashed Redskin Dressing (1 oz.), Warm Spiced Apples, Fresh Red or Yellow Cranberry Sauce, Corn Bread Dressing, Pumpkin Pie w/ Whip Topping, Milk-1% | 21 Roast Turkey w/ LS Poultry Gravy (1 oz.) serve over corn bread w/ Mustard & Mayo, Pasta Salad w/ Vegetables, Italian Wedding Soup w/ Vegetables w/ LS Crackers (2), Fresh Banana, Submarine Roll, Milk - 1% | 22 Submarine Sandwich: Ham (1 oz.), Turkey (1 oz.) & American Cheese (1 oz.) w/ Mustard & Mayo, Pasta Salad w/ Vegetables, Italian Wedding Soup w/ Vegetables w/ LS Crackers (2), Fresh Banana, Submarine Roll, Milk - 1% |
| 25 Potato Crunch Pollock w/ Tartar Sauce, Stewed Tomatoes, Peas & Pearl Onions, Mixed Berries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk - 1% | 26 Baked Meatloaf w/ LS Beef Gravy (1 oz.), Garlic Mashed Redskin Potatoes, Marinated Three Bean Salad, Fresh Red or Yellow Apple, Tomato & Onion Salad, Fruited Gelatin, WW Dinner Roll w/ Margarine, Milk - 1% | 27 Teriyaki Chicken Breast w/ Teriyaki Sauce, Cauliflower w/ Cheese Sauce, Cucumber, Tomato & Onion Salad, Fruited Gelatin, WW Dinner Roll w/ Margarine, Milk - 1% | 28 No Meals | 29 No Meals |