

November 2025

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Rosemary roasted potatoes Wheat bread Mixed vegetables Pineapple Low fat milk, Margarine	4 Chicken noodle soup Menu Item Potato salad Creamy coleslaw Diced veggies in soup Mandarin Oranges Low fat milk, Biscuit	5 Roasted Turkey Mashed potatoes Wheat bread Broc/cauliflower/carrot blend Trop. Fruit salad Low fat milk, Margarine	6 Potato Crusted Pollack, Sweet Potato Wheat bread Peas and Carrots Strawberry applesauce Low fat milk, Margarine	7 Tikka Masala, Jasmine Rice Wheat bread, green beans, Papaya/mango fruit salad Low fat milk Margarine
10 Stir Fry Steak Brown Rice Wheat bread Oriental vegetables Mixed fruit, Low fat milk, Margarine	11 Shepherd's pie Beef, Mashed potatoes Wheat bread Mixed vegetables Pears Low fat milk, Margarine	12 Vegetable Lasagna Wheat bread Baby carrots, Mandarin oranges, Low fat milk, Margarine	13 Hamburger Stroganoff Wheat bread Peas and pearl onions Peaches Low fat milk, Margarine	14 Quinoa Corn Cakes Tofu sauce Wheat bread Mixed veggies Trop fruit blend Low fat milk, Margarine
17 Ginger and Garlic Beef Brown rice Wheat bread Cooked broccoli Mandarin oranges Low fat milk, Margarine	18 Maple Glazed Chicken Roasted redskin potatoes Wheat bread Cooked cabbage Peaches Low fat milk, Margarine	19 Braised Beef Mac and cheese Wheat bread Green beans Tropical fruit Low fat milk, Margarine	20 Curried Chicken Breast Jasmine Rice Wheat bread Peas Diced pears Low fat milk, Margarine	21 Chicken Enchilada Brown rice Mixed Veggies Pineapple Low fat milk Margarine
24 Meaty Ragu Wheat bread Green beans Strawberry applesauce Low fat milk Margarine	25 Mediterranean Chicken Rice, Bread, Garden vegetable blend Papaya/mango Low fat milk Margarine	26 Meatloaf Mashed potato Wheat bread, Mixed vegetables, Mixed fruit Low fat milk, Margarine	27 (Closed) Thanksgiving Meal! Meals on Wheels Only Turkey, Green Beans, Mashed Potatoes, Roll, Peaches, Pumpkin Pie 	28 (Closed) Meals on Wheel Only Paprika Chicken, Mashed potatoes, Wheat bread Green beans/carrots Peaches cup Low fat milk, Margarine