

November 2026 Meal Calendar Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Potato Crusted Pollack Sweet Potato/WW Bread Peas and Carrots Strawberry Applesauce Alternate Selection: Egg Salad Sandwich	3 Chicken Wild Rice Soup Potato Salad/Biscuit Creamy Coleslaw Mandarin Oranges Alternate Selection: Turkey Sandwich	4 Hamburger Stroganoff Peas and Pearl Onions Mixed Fruit Wheat Bread Alternate Selection: Chicken Chili	5 Salisbury Steak Rosemary Potatoes Pineapple/WW Bread Mixed Vegetables Alternate Selection: Chicken Wild Rice Soup	6 Tikka Masala Jasmine Rice/WW Bread Green Beans Apple Alternate Selection: Chicken Salad Sandwich
9 Shephard's Pie Mixed Vegetables Wheat Bread Pears Alternate Selection: Chili	10 Stir Fry Steak Brown Rice Oriental Vegetables Mixed Fruit/WW Bread Alternate Selection: Roast Beef Sandwich	11 Chicken Pasta Salad Peas and Carrots Strawberry Applesauce Wheat Roll Alternate Selection: Tuna Salad Sandwich	12 Vegetable Lasagna Baby Carrots WW Bread Mandarin Oranges Alternate Selection: Turkey Barley Soup	13 Beef Barley Casserole Carrots Wheat Bread Orange Alternate Selection: Chicken Sandwich
16 Ginger & Garlic Beef Brown Rice/WW Bread Cooked Broccoli Mandarin Oranges Alternate Selection: Egg Salad Sandwich	17 Maple Glazed Chicken WW Roll/Crackers Cooked Cabbage Roasted Potatoes/Peaches Alternate Selection: Chicken Chili	18 Chicken A La King Egg Noodles Carrots/Gala Apple Wheat Bread Alternate Selection: Turkey Sandwich	19 Sloppy Joe Mix Baby Carrots Mixed Fruit Wheat Roll/FF Dressing Alternate Selection: Chicken Wild Rice Soup	20 Chicken Enchilada Corn Tortilla Brown Rice/Pineapple Mixed Vegetables Alternate Selection: Chicken Salad Sandwich
23 Chicken Fettuc Alfredo Wheat Bread Prince Charles Blend Peaches Alternate Selection: Roast Beef Sandwich	24 Pot Roast Roasted Sweet Potato California Blend Wheat Bread/Gala Apple Alternate Selection: Turkey Barley Soup	25 White Bean Chicken Chili Side Salad/Crackers Orange FF Italian Dressing Alternate Selection: Tuna Salad Sandwich	26  Happy Thanksgiving Closed	27 Closed
30 Potato Crusted Pollack Sweet Potato/WW Bread Strawberry Applesauce Peas and Carrots Alternate Selection: Egg Salad Sandwich		Note 1: Low fat milk and margarine are included in every regular meal (those in black print).	Note 2: Sides, such as salad and/or fruit are included with alternate meals (those in red print).	