

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>November 2019</h1> <h2>Lunch Menu</h2>				1
				Egg Drop Soup Baked Fish w/Sweet & Sour Sauce White Rice Broccoli w/ Garlic Milk, Fruit
4	5	6	7	8
Fish Tacos Brown Rice w/ Beans Cabbage Carrot Slaw, Milk, Fruit	Egg Drop Soup Tofu Brown Rice Broccoli w/ Teriyaki Sauce Milk, Fruit	Baked Fish w/ Soy Sauce Lo Mein Garlic Bread Sauteed Bok Choy w/Garlic Milk, Fruit	Lentil Soup Cheese Ravioli Garlic Bread Zucchini & Peas Milk, Fruit	Baked Salmon Brown Rice Asian Cabbage Milk, Fruit
11	12	13	14	15
Baked Fish w/Garlic Sauce Rice w/ Vegetables Broccoli & Red Peppers	Spiced Sweet Potatoes Veggie Burger Patty & WW Bun Baby Spinach Salad Milk, Fruit	Salmon & Lentils Couscous w/ Peas & Lemon Garden Salad Milk, Fruit	Escarole & White Bean Soup WW Cheese Pizza Beet Salad Milk, Fruit	Butternut Squash Soup Fish Sandwich French Fries Milk, Fruit
18	19	20	21	22
Baked Breaded Fish WW Roll Beet Salad w/ Yogurt Dressing Garlic Mashed Potatoes Milk, Fruit	Lentil Soup Eggplant Parmesan w/ Ricotta Pasta Lemon Garlic Escarole Milk, Fruit	Cauliflower Soup Spanish Style Baked Fish WW Roll Mangu w/Onions Milk, Fruit	Vegetarian Chili Brown Rice Corn Bread Baby Spinach Salad Milk, Fruit	Citrus Sesame Crusted Salmon White Rice Asian Cabbage Milk, Fruit
25	26	27	28	29
Mushroom Barley Soup, Baked Fish White Rice Baked Sweet Potato Milk, Fruit	Baked Ziti w/ "Meat" Sauce WW Bread California Blend Vegetables Milk, Fruit	Minestrone Soup WW Cheese Pizza WW Roll Tossed Salad w/ Dressing Milk, Fruit	 <p>HAPPY THANKSGIVING</p> <p>Center Closed</p>	