

City Fare 5 Day Bag Supper Menu November 2015– CITY

Monday	Tuesday	Wednesday	Thursday	Friday
11/2 Chicken Salad on Pita Three Bean Salad Pear or Apple Yogurt	11/3 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	11/4 Cottage Cheese with Pineapple Tidbits Potato Bread Giant Graham Cookie Orange Juice	11/5 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce and Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	11/6 Cheddar Cheese Cubes and Wheat Thin Crackers Three Bean Salad Apple or Pear Chocolate Pudding
11/9 Whole Wheat Bagel with Veggie Cream Cheese Trail Mix Applesauce Yogurt	11/10 Ham and Swiss on a Baby Kaiser Roll with Lettuce and Tomato Raisins Yogurt Mustard	11/11 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	11/12 Chicken Salad on Pita Three Bean Salad Pear or Apple Yogurt	11/13 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
11/16 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	11/17 Ham and Swiss on a Baby Kaiser Roll with Lettuce and Tomato Raisins Yogurt Mustard	11/18 Turkey & Swiss on White Wheat Bread with Lettuce and Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	11/19 Cottage Cheese with Pineapple Tidbits Potato Bread Giant Graham Cookie Orange Juice	11/20 Chicken Salad on Pita Three Bean Salad Pear or Apple Yogurt
11/23 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	11/24 Cottage Cheese with Pineapple Tidbits Potato Bread Giant Graham Cookie Orange Juice	11/25 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce and Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	11/26 <u>Thanksgiving</u>	11/27 <u>St. Pat's ONLY</u> Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup
11/30 Ham and Swiss on a Baby Kaiser Roll with Lettuce and Tomato Raisins Yogurt Mustard	12/1 Chicken Salad on Pita Three Bean Salad Pear or Apple Yogurt	12/2 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	12/3 Turkey & Swiss on White Wheat Bread with Lettuce and Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	12/4 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard

- All bag suppers contain 1% milk .
- All meals subject to change. Suggested minimum donation for persons 60+ is \$ 2.00. People under age 60 are required to pay \$ 4.75.
- Meals available by reservation. Call your Senior Center to reserve your bag supper.