

NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY Thanksgiving</p>				<p>1 Roast Pork w/ Celery, Onion + Sweet Potatoes</p> <ul style="list-style-type: none"> - Whole Grain Bread - Mixed Green Salad w/ Mesclun Mix + Ranch - Tropical Fruit Cocktail - Low Fat Milk
<p>4 Shepherd's Pie (Ground Turkey)</p> <ul style="list-style-type: none"> - Mashed Potatoes - Seasoned Green Beans - Whole Grain Roll - Pickled Beets - Pear - Orange Juice - Low Fat Milk 	<p>5 Spaghetti w/ Meat Sauce</p> <ul style="list-style-type: none"> - Whole Grain Spaghetti - Seasoned Peas + Cauliflower - Shredded Carrot + Bell Pepper Salad - Sliced Peaches - Lemon Pudding - Low Fat Milk 	<p>6 El Pollo Style Chicken</p> <ul style="list-style-type: none"> - Pinto Beans - Brown Rice - Romaine + Shredded Red Cabbage Salad w/ 1000 Island Dressing - Orange - Low Fat Milk 	<p>7 BBQ Beef w/ BBQ Sauce</p> <ul style="list-style-type: none"> - Seasoned Spinach - Barley - Cornbread - Mesclun Salad Mix - Tropical Fruit Cocktail - Low Fat Milk 	<p>8 Baked Fish w/ Tartar Sauce</p> <ul style="list-style-type: none"> - Brown Rice - Broccoli Spears - Coleslaw - Fresh Apple - Low Fat Milk
<p>11 Tarragon Beef + Mushrooms</p> <ul style="list-style-type: none"> - Whole Grain Noodles w/ Parsley - Seasoned Peas - Carrot, Bell Pepper + Celery Salad - Banana - Low Fat Milk 	<p>12 Baked Lemon Chicken</p> <ul style="list-style-type: none"> - Seasoned Kale + Cabbage - Steamed Brown Rice - Warm Cornbread - Marinated Cucumber Salad - Tropical Fruit Cocktail - Low Fat Milk 	<p>13 Pork Chop w/ Low Sodium Sauce</p> <ul style="list-style-type: none"> - Seasoned Lima Beans - Yellow Squash - Barley - Sliced Pears in Juice - Sugar Cookie - Orange Juice - Low Fat Milk 	<p>14 Turkey Loaf w/ Gravy</p> <ul style="list-style-type: none"> - Seasoned Corn - Brown Rice - Creamy Broccoli-Raisin Salad - Diced Peaches - Low Fat Milk 	<p>15 Beef Stew w/ Celery + Onion Sauce</p> <ul style="list-style-type: none"> - Carrots + Potatoes - Whole Grain Roll - Romaine Salad w/ 1000 Island Dressing - Fruit Cocktail - Low Fat Milk <p style="text-align: right;">CAKE DAY!! </p>
<p>18 Turkey Enchilada Casserole</p> <ul style="list-style-type: none"> - Pico de Gallo - Mexican Brown Rice - Seasoned Pinto Beans - Leaf Lettuce Salad w/ Ranch Dressing - Pineapple Tidbits + Mango - Low Fat Milk 	<p>19 Beef Meatballs w/ Tomato Gravy</p> <ul style="list-style-type: none"> - Whole Grain Noodles - Seasoned Spinach - Pickled Beets - Banana - Orange Juice - Low Fat Milk 	<p>20 Baked Fish w/ Tartar Sauce</p> <ul style="list-style-type: none"> - Mashed Potatoes + Gravy - Whole Grain Bread - Mexi Corn - Romaine Salad w/ Ranch Dressing - Tropical Fruit - Low Fat Milk 	<p>21 Smothered Steak w/ Onions + Peppers</p> <ul style="list-style-type: none"> - Seasoned Carrots - Dilled Peas - Brown + White Rice - Orange - Low Fat Milk 	<p>22 Baked Chicken</p> <ul style="list-style-type: none"> - Seasoned Cauliflower - Chopped Kale - Whole Grain Mac + Cheese - Spinach - Shredded Brussels Sprouts - Mango + Apricots - Low Fat Milk <p> BENTO! Teriyaki Chicken</p>
<p>25 Sloppy Joes w/ Tomato Sauce</p> <ul style="list-style-type: none"> - Whole Grain Bread - Seasoned Ranch Corn - Carrot, Bell Pepper + Celery Salad w/ French Dressing - Sliced Peaches - Low Fat Milk 	<p>26 BBQ Chicken Breast w/ BBQ Sauce</p> <ul style="list-style-type: none"> - Sweet Potatoes - Barley - Sliced Cucumber Salad w/ Vinaigrette - Orange - Low Fat Milk 	<p>27 Roast Turkey w/ Gravy</p> <ul style="list-style-type: none"> - Cranberry, Orange + Currant Sauce - Green Beans Almandine - Glazed Carrots - Mushroom Brown Rice - Whole Grain Dinner Roll - Sweet Potato Pie - Orange Juice - Low Fat Milk 	<p>28 NO LUNCH ON 28TH AND 29TH</p>	
				<p>29 Funded By: City of Los Angeles Karen Bass, City of Los Angeles</p> <p>Sponsored By: Watts Labor Community Action Committee Timothy Watkins, Sr., President & CEO</p> <p>City of Los Angeles Department of Aging Laura Trejo, General Manager</p>

