SENIOR MEALS MENU – November 2026

Please choose 6 meals for each week and return to your delivery person by 10/25/2026.

NAME:_____Nov 1, 2026

□ French Toast with fresh fruit
□ Chicken and Noodles w/ corn
□ BBQ Glazed Pork, Rice, peas
□ Lasanga, peas
□ Beef Taco, Red Beans and Rice
□ Cajan white fish, rice pilaf, green beans
□ Phily cheesesteak Pasta, carrots
□ Beef & Barley Soup
□ Southwest Chicken Salad

(Chicken, lettuce mix, black beans, red pepper, corn, red onion, cheddar cheese, southwest ranch)

NAME:_____Nov 8, 2026

□ Spinach Quiche
□Honey Mustard Pork, Red Potatoes, Baked Beans
□ Homestyle Chicken Bowl
□ Lemon Garlic Fish with Stuffed Zucchini
□ Baked Spaghetti w/ Green Beans
□ Tater Tot Casserole, peas
□ Enchilada Soup
□ Vegetable Chowder
□ Turkey & Swiss Wrap w/ Coleslaw

NAME:_____Nov 15, 2026

□ Scrambled Eggs w Sausage
□ Egg Roll Bowl
□ Tuna Melt w/ Cottage Cheese
□ Cheesy Taco Pasta
□ Beef Pot Pie
□ BBQ Chicken Legs, sweet potatoes, broccoli
□ Corn Chowder
□ White Chicken Chili
□ Spinach Salad

(lettuce mix, chicken, cucmber, tomatoes, red onion, avocado, kalamata olives)

NAME:_____Nov 22, 2026

□ Grits & Bacon
□ Fried potatoes, hamburger gravy, & green beans
□ Chicken Parmesan w/ broccoli
□ Spinach & Cheese Enchiladas
□ Ham & Noodle Casserole w/ corn
□ Baked White Fish, potatoes, california blend
□ Chicken Noodle Soup
□ Tomato Soup
□ Italian Chicken Wrap w/ Broccoli Salad

If you have any questions or need to call/text in your order, please contact us at 219-204-1189

SENIOR MEALS MENU – November 2026

Please choose 6 meals for each week and return to your delivery person by 10/25/2026.

NAME:_____Nov 25, 2026

□ Sausage, Egg, Cheese Muffin
□ Pork Carnitas, mexican street corn
□ Eggplant Parmesan
□ Pizza Quesadilla, cottage cheese
□ Baked Ham, Scalloped Potatoes, green beans
□ Baked Chicken, Corn Casserole
□ Baked White Fish, Rice, peas
□Roast beef, mashed potatoes w/ gravy, broccoli
□ Loaded Cobb Salad

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