



## SALAD OPTIONS FOR NOVEMBER 2018

### Week 1 – 11/2

#### **Beef Taco Salad**

Shredded lettuce topped with seasoned ground beef, diced tomatoes, shredded cheese, salsa, black olives, sour cream and tortilla strips.

**Dressing:** None

**Meal items to be served with this:** pears, apple sauce bar, WW bread slice

### Week 2 – 11/9

#### **7 Layer Salad**

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs.

**Dressing:** None

**Meal items to be served with this:** rice pilaf, fruit cocktail, brownie with peanut butter frosting,

### Week 3 – 11/16

#### **Harvest Salad**

Mixed greens topped with beets, garbanzo beans, cucumber, red onion and feta.

**Dressing:** Balsamic Vinaigrette

**Meal items to be served with this:** WW bun, banana, frosted strawberry cake

### Week 4 – 11/23

#### **Closed for the Holiday**

### Week 5 – 11/30

#### **Chicken Confetti Salad**

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.

**Dressing:** Ranch

**Meal items to be served with this:** cornbread w/butter, rice pudding

# NOVEMBER



NOVEMBER			Thursday 1	Friday 2
			Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/Peanut Butter Frosting  <b>MO – Black Bean Burger</b> <b>NCS – SF Pudding</b>	Tuna Salad Sandwich on WW Tomato Bean Soup Pears Apple Sauce Bar  <b>MO – Egg Salad Sandwich</b> <b>NCS – SF Cookie Packet</b>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Enchilada Casserole Cauliflower Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake <b>MO – Bean/Cheese Burrito</b> <b>NCS – SF Jell-o</b>	Beef Stroganoff over Noodles Stewed Tomatoes Mixed Green Salad Dressing Fruit Cocktail Apple Crisp <b>MO – Soy Stroganoff</b> <b>NCS – Spiced Apples</b>	Chicken Strips BBQ Sauce Green Beans Pea Salad Dinner Roll/Butter Fruit Cup Cake w/Frosting <b>MO – 3 Veggie Meatballs</b> <b>NCS – SF Cookie Packet</b>	Tuna Casserole Roasted Baby Carrots Pickled Beets Banana Lime Sherbet <b>MO – Cheese and Tomato Sandwich</b> <b>NCS – SF Ice Cream</b>	BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cake <b>MO – 3 Veggie BBQ Meatballs</b> <b>NCS – SF Pudding</b>
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Saucy BBQ Ribs Cheesy Potatoes Oven Roasted Root Vegetables Sourdough Roll Apple Pie <b>MO – Veggie Burger</b> <b>NCS – Spiced Apples</b>	Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp <b>MO – Red Beans and Rice</b> <b>NCS – Pineapple</b>	Chicken Sandwich on WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Frosted Chocolate Cake <b>MO – Garden Burger</b> <b>NCS – SF Cookie Packet</b>	Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll/Butter Vanilla Ice Cream <b>MO – Veggie Meatballs</b> <b>NCS – SF Ice Cream</b>	Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake <b>MO – Soy Sloppy Joe</b> <b>NCS – SF Jell-o</b>
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Turkey Mashed Potatoes Gravy Glazed Carrots Stuffing Cinnamon Apples (cold) Pumpkin Pie <b>MO – Egg Salad Sandwich</b> <b>NCS – SF</b>	Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Fruit Cup Sugar Cookie <b>MO – Vegetable and Cheese Mac Salad</b> <b>NCS – SF Cookie Packet</b>	Meat Sauce Spaghetti Noodles Wax beans Mixed Greens Dressing Peaches Brownie <b>MO – Vegetable Marinara Sauce</b> <b>NCS – SF Pudding</b>	<p style="text-align: center;"><b>Closed for Thanksgiving</b></p> <p style="text-align: center;"><b>Gobble! Gobble!</b></p>	<p style="text-align: center;"><b>Closed</b></p>
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Butterscotch Pudding <b>MO –Hummus Wrap</b> <b>NCS – SF Pudding</b>	Baked Bone-in Chicken Mashed Potatoes Gravy Glazed Green Beans Mini Croissant/Butter Chunky Applesauce Vanilla Ice Cream <b>MO – Black Bean Burger</b> <b>NCS – SF Ice Cream</b>	Lemon Baked Fish Tartar Sauce Baked Sweet Potato/Butter Tropical Fruit WW Bread/Butter Blueberry Pound Cake <b>MO – Veggie Wrap</b> <b>NCS – Banana</b>	Italian Sausage WW Bun Oven Roasted Potatoes Stewed Tomatoes Orange Raspberry Jell-o <b>MO – Garden Burger</b> <b>NCS – SF Jell-o cup</b>	Chili Baked Potato/Sour Cream Banana Cornbread/Butter Rice Pudding <b>MO – Veggie Chili</b> <b>NCS – SF Pudding</b>



Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION  
*All menu items are prepared in kitchens that are not allergen-free.*  
*We cannot guarantee that food allergens will not be transferred through cross-contact.*  
*No substitutions allowed.*

Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard  
 MO = meatless option

Senior Dining

