
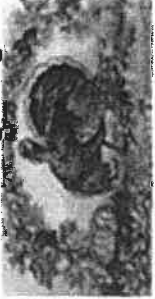


November 2024 - Altered Delivery Schedule

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Age 60+ suggested contribution is \$3 Under age 60 required contribution \$7</p> <p>November 4 Eggplant Parmesan w/Spaghetti Marinara Meat Sauce Peas & Onions Mandarin Oranges</p> <p>November 11  Meal Site Closed</p> <p>November 18 3Q Pulled Chicken Roasted Red Potatoes Winter Squash Tropical Fruit</p> <p>November 25 Chicken, Broccoli & Rice Bake Brown Rice Italian Veggies Tropical Fruit</p>	<p>November 5 Hungarian Goulash Japanese Medley Beets Mandarin Orange</p> <p>November 12 Beef Stew with Boiled Potatoes/Carrots Brussel Sprouts Biscuit Chilled Pears</p> <p>November 19 CHEF'S CHOICE</p> <p>November 26 Spaghetti & Meatballs Marinara Sauce Carrots Mandarin Oranges</p>	<p>November 6 Turkey Divan Broccoli Rice Veggie Casserole Chilled Peaches</p> <p>November 13 Pot Roast/Gravy Mashed Potatoes Scandinavian Veggies Fruited Gelatin</p> <p>November 20 Thanksgiving Meal Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Thanksgiving Dessert</p> <p>November 27 Beef Stroganoff over Noodles Broccoli Apple Crisp</p>	<p>November 7 Salisbury Steak Mashed Potatoes California Medley Chilled Pineapple</p> <p>November 14 Manicotti Marinara Meat Sauce Green Beans Italian Veggies Tropical Fruit Mix</p> <p>November 21 Quiche of the Day California Medley Muffin of the Day Fresh Fruit</p> <p>November 28 Happy Thanksgiving  Meal site Closed</p>	<p>November 1 Soup of the Day (at congregate sites only) Liver & Onions Mashed Potatoes Peas & Onions Dump Cake</p> <p>November 8 Sour Cream Chicken Sweet Potatoes Corn Pumpkin Barf</p> <p>November 15 Breaded Fish Scalloped Potatoes Japanese Medley Yogurt w/Berries and Granola</p> <p>November 22 Beef Pot Pie with Potatoes & Veggies Winter Mix Veggies Birthday Cake Happy Birthday</p> <p>November 29 Lemon Pepper Fish Roasted Potato Bites Mixed Veggies Strawberry Shortcake</p>

meals served with 1% milk, bread, margarine, (Congregate site only - coffee, tea and juice). Diabetic desserts are available for those with diabetes. Menus subject to change. Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees. Frozen Dinner Heating Instructions: Oven: 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal) Microwave: Diabetic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees

Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving.

Caution contents will be hot.