

**Alternate Meal:** Turkey and Swiss on Whole Wheat w/lettuce and tomato. Please order two days in advance using the "pink ticket system" located at the donation box.

Lunch Served Daily at 12pm

# November 2019

OCONEE COUNTY SENIOR CENTER - 3500B Hog Mountain Rd Watkinsville (706) 769-3979  
 Menus and Menu Items are subject to change or cancellation after printing.

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|    | <p>*** Alternate Entrée for the month is a Turkey &amp; Cheese Sandwich. The alternate entrée meal <u>requires</u> a 2-day advanced reservation using the pink reservation ticket and placed in the donation box.</p>        |   |   |   |
| <p><b>4 <u>Breaded Baked Fish</u></b><br/>           4 oz. Cheesy Grits<br/>           4 oz. Okra &amp; Tomatoes<br/>           4 oz. Pineapple Tidbits<br/>           Milk/Milk Substitute</p>  | <p><b>5 <u>Sliced Meatloaf</u></b><br/>           4 oz. Steamed Spinach<br/>           4 oz. Sweet Potatoes<br/>           4 oz. Mandarin Oranges<br/>           Milk/Milk Substitute</p>                                    | <p><b>6 <u>Grilled Chicken Sandwich</u></b><br/>           Whole Wheat Bun<br/>           Sliced Lettuce &amp; Tomato<br/>           4 oz. Carrot Raisin Salad<br/>           Animal Crackers/Banana<br/>           Milk/Milk Substitute</p>                                      | <p><b>7 <u>Baked Pork Tenderloin</u></b><br/>           4 oz. Roasted Winter Squash<br/>           4 oz. Harvard Beets<br/>           4 oz. Wild Rice Blend<br/>           Apple Slices<br/>           Milk/Milk Substitute</p>   | <p><b>1 <u>Chicken Salad</u></b><br/>           1 Medium Croissant<br/>           4 oz. Marinated Bean Salad<br/>           Graham Crackers<br/>           Apple Slices<br/>           Milk/Milk Substitute</p>         |
| <p><b>11 <u>Beef Chili w/Beans</u></b><br/>           1 oz. Shredded Cheese<br/>           4 Whole Wheat Crackers<br/>           4 oz. Mixed Vegetables<br/>           4 oz. Pineapple Tidbits<br/>           Milk/Milk Substitute</p> | <p><b>12 <u>Chicken Divan w/Broccoli</u></b><br/>           4 oz. Wild Rice Blend<br/>           4 oz. Parslied Carrots<br/>           4 oz. Mixed Fruit Salad<br/>           Milk/Milk Substitute</p>                       | <p><b>13 <u>Beef Hot Dog/WW Bun</u></b><br/>           4 oz. Baked Beans<br/>           4 oz. Veggie/Macaroni Salad<br/>           4 oz. Banana<br/>           Milk/Milk Substitute</p>   | <p><b>14 <u>**Holiday Meal**</u></b><br/> <u>Baked Turkey &amp; Gravy</u><br/>           Cranberry Sauce<br/>           4 oz. Herbed Stuffing<br/>           4 oz. Turnip Greens<br/>           4 oz. Candied Sweet Potatoes<br/>           2 oz. Dinner Roll w/Margarine<br/>           Milk/Milk Substitute</p> | <p><b>8 <u>Beans and Greens</u></b><br/>           4 oz. Pinto Beans w/Ham<br/>           4 oz. Turnip Greens<br/>           Cornbread w/Margarine<br/>           4 oz. Peaches<br/>           Milk/Milk Substitute</p> |
| <p><b>18 <u>Chicken Tenders</u></b><br/>           4 oz. Macaroni Cheese<br/>           4 oz. Green Beans<br/>           4 oz. Apple Salad<br/>           Milk/Milk Substitute</p>   | <p><b>19 <u>Tomato Bisque</u></b><br/>           2 oz. Grilled Chicken<br/>           Caesar Salad w/ Parmesan<br/>           Whole Wheat Crackers<br/>           4 oz. Sliced Pears<br/>           Milk/Milk Substitute</p> | <p><b>20 <u>Beef Hamburger</u></b><br/>           Whole Wheat Bun<br/>           Sliced Lettuce and Tomato<br/>           4 oz. Sweet Potato Wedges<br/>           4 oz. Carrot/Raisin Salad<br/>                             w/Pineapple<br/>           Milk/Milk Substitute</p> | <p><b>21 <u>White Chicken Enchiladas</u></b><br/>           4 oz. Spanish Rice<br/>           4 oz. Refried Beans<br/>           Shredded Lettuce<br/>           Chopped Tomato<br/>           Banana<br/>           Milk/Milk Substitute</p>   | <p><b>15 <u>Sloppy Joes</u></b><br/>           Whole Wheat Bun<br/>           4 oz. Sweet Potato Wedges<br/>           4 oz. Broccoli Salad<br/>           4oz. Sliced Pears<br/>           Milk/Milk Substitute</p>    |
| <p><b>25 <u>Spaghetti w/Meat Sauce</u></b><br/>           Spinach/Mixed Green Salad<br/>           2 oz. Dressing<br/>           Garlic Bread<br/>           4 oz. Mandarin Oranges<br/>           Milk/Milk Substitute</p>            | <p><b>26 <u>Lemon Pepper Chicken</u></b><br/>           4 oz. Cooked Mixed Greens<br/>           4 oz. Roasted Root Vegetables<br/>           Banana/Graham Crackers<br/>           Milk/Milk Substitute</p>                 | <p><b>27 <u>Vegetable Beef Soup</u></b><br/>           Cornbread/Margarine<br/>           Tossed Mixed Green Salad<br/>           2 oz. Dressing<br/>           Apple Slices<br/>           Milk/Milk Substitute</p>  | <p><b>28 <u>Happy Thanksgiving</u></b><br/><br/> <u>Senior Center Closed</u></p>  | <p><b>22 <u>Kielbasa</u></b><br/>           4 oz. Cooked Cabbage<br/>           4 oz. Navy Beans<br/>           Cornbread w/Margarine<br/>           4 oz. Hot Cinnamon Apples<br/>           Milk/Milk Substitute</p>  |
|  |  |   |   | <p><b>29 <u>Happy Thanksgiving</u></b><br/><br/> <u>Senior Center Closed</u></p>  |