Friendship Circle Menu
November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
25 Meals 2	35 Meals 3	Indoor/30 Meals 4	25 Meals 5	25 Meals 6
*3oz Southwest chicken burrito bowl *½ c Corn Carrot & celery sticks (4ea.) *Whole fresh orange *1/8th slice Angel food cake *8oz 2% chocolate milk 1pc margarine	**½ c Cheddar baked mac & cheese 3oz Chicken tenders, dipping sauce ½ c Carrots 1c Tossed salad, 1pc lite dressing *Fresh apple *8oz 2% milk 1pc margarine	*3oz Open-face turkey sandwich w/ 2oz Gravy *½ c mashed potatoes, 2oz gravy ½ c Broccoli *Fresh fruit cup **Chocolate chip cookies *8oz 2% milk 1pc margarine	**3oz Hamburger on wheat bun, 1 Slice cheese Slices of lettuce, tomato, onion *Bag baked chips 1c Tossed salad,1pc lite drsg *Fresh orange *8oz 2% chocolate milk **8oz Iced Tea	*3oz Tuscan chicken w/ Bruschetta topping *½ c Brown rice ½ c Green beans **Banana *Wheat roll *8oz 2% milk 1pc margarine
25 Meals 9	25 Meals 10	Veteran's Day/30 Meals 11	25 Meals 12	25 Meals 13
3oz Roasted chicken with 2oz Mushroom gravy *½ c Mashed potatoes, 2oz gravy ½ c Broccoli 1c Tossed salad, 1pc lite dressing *Fresh orange *Wheat roll *8oz 2% milk, **8oz Iced Tea 1pc margarine	*6oz Italian wedding soup *Italian style pasta w/ 3oz meat sauce ½ c Green beans *Dinner roll **Banana *8oz 2% milk 1pc margarine **Oatmeal raisin cookies	3oz Grilled sausage, peppers on **hoagie roll ½ c Mixed vegetables 1c Tossed salad, 1pc lite dressing Red/White/Blue cupcake *½ c Fresh fruit cup 1pc margarine 8oz 2% milk, 8oz Iced Tea	**3oz Chicken pot-pie w/ puff pastry ½ c Baby carrots 1c Tossed salad, 1pc lite dressing *Wheat roll *8oz 2% chocolate milk 1pc margarine *4oz Gelatin	3oz Citrus Herbed Chicken *½ c Brown Rice *½ c Corn *Wheat roll 1pc margarine *4oz Chocolate pudding *8oz 2% milk
25 Meals 16	25 Meals 17	Indoor/30 Meals 18	25 Meals 19	Indoor/30 Meals 20
3oz Classic chicken parmesan *w/ ½ c Pasta & red sauce ½ c Garlic broccoli 1c Tossed salad, 1pc lite dressing *Wheat roll *8oz 2% milk 1pc margarine *Fresh apple	3oz Country style roast beef & 2oz gravy *½ c Mashed potatoes ½ c Green beans *8oz 2% chocolate milk 1pc margarine **Sugar cookies	3oz grilled chicken sandwich on **wheat roll, lettuce, tomato Carrot & celery sticks (4e.) *Whole fresh orange *8oz 2% milk, **8oz Iced Tea **Chocolate chip cookies	*6oz vegetable soup 3oz Philly cheese steak w/fried onions on **steak roll *4oz steak fries 1c tossed salad, 1pc lite drsg *8oz 2% milk, **8oz Iced Tea *½ c Fruit cup 1pc ketchup	Scrambled eggs **French toast/syrup *Seasoned home fries Crispy bacon *8oz 2% milk *4oz orange juice *Ice Cream Cup
25 Meals 23	Indoor/45 Meals Thanksgiving 24	No Meals 25	No Meals 26	No Meals 27
**3oz hamburger on wheat bun, 1 slice cheese slices of lettuce, tomato, onion *1 bag baked chips 1c tossed salad,1pc lite drsg *Fresh orange *8oz 2% milk	3oz Roast turkey, 2oz gravy *½ c sweet potatoes ½ c. steamed broccoli *wheat dinner roll 1c tossed salad, 1pc lite drsg *½ c Fruit cup, **8oz Iced Tea 1pc cranberry sauce			
25 Meals 30				
**Tuna hoagie (3oz tuna, shredded lettuce, tomato slices) on roll *1 bag Baked Chips *8oz 2% milk, **8oz Iced Tea *½ c Fruit cup				

*=carbohydrate choice