

Friendly Fork Daily Menu

November 2024

Friday, November 1	Chicken Thigh with Gravy, Scalloped Potatoes, Harvard Beets, Banana, Apricot Walnut Bar*, 1% Milk
Monday, November 4	Pork Carnitas on Wheat Tortillas with Red Cabbage Slaw & Salsa, Black Bean/Corn/Jicama Salad, Orange Slices, Pumpkin Spice Cookie, 1% Milk
Tuesday, November 5	Chicken Breast with Gravy, Buttermilk Biscuit with Butter, Coleslaw, Mixed Fruit, 1% Milk
Wednesday, November 6	Beef Goulash with Egg Noodles, Lima Beans with Bacon, Diced Cantaloupe, Gelatin Parfait*, 1% Milk
Thursday, November 7	Krautburger with Mustard, Marinated Kale Salad, Pineapple, 1% Milk
Friday, November 8	Chicken Parmesan over Wheat Pasta with Marinara, Breadstick, Caesar Side Salad, Diced Pears, 1% Milk
Monday, November 11	Closed in Honor of Veteran's Day
Tuesday, November 12	Beef Stew, Wheat Roll with Butter, Spinach & Mushroom Salad with Balsamic Vinaigrette, Apple, 1% Milk
Wednesday, November 13	Pork Spare Ribs, Baked Potato with Butter & Sour Cream, Asparagus, Banana, 1% Milk
Thursday, November 14	Chicken a La King with Mushrooms over Parmesan Biscuit, Brussels Sprouts with Side of Malt Vinegar, Orange Slices, Strawberry Basil Cheesecake Bar, 1% Milk
Friday, November 15	Beef & Black Bean Chili with Crackers, Corn Muffin with Butter, Carrot Sticks with Spinach Artichoke Dip, Fruit Salad, 1% Milk
Monday, November 18	Hamburger on White Bun with Tomato, Onion, Ketchup, Mustard & Mayo, Low-Fat Cottage Cheese, Steamed Beets, Pear, 1% Milk
Tuesday, November 19	Braised Chicken with Italian Cherry Pepper Sauce, Orzo & Rice Pilaf with Almonds*, Broccoli/Olive/Sundried Tomato Salad, Banana, 1% Milk

Wednesday, November 20	Roast Beef & Mashed Potatoes with Gravy, Peas & Pearl Onions, Apple, 1% Milk
Thursday, November 21	Baked Tilapia with Parmesan Sage Cream Sauce, Macaroni & Cheese, Wheat Roll with Butter, Maple Glazed Carrots, Honeydew Melon, 1% Milk
Friday, November 22	Sweet & Sour Pork over Basmati Rice, Side of Soy Sauce, Edamame, Orange Slices, 1% Milk
Monday, November 25	Roasted Turkey Breast with Gravy, Sage Stuffing, Wheat Roll with Butter, Seasoned Green Beans, Cranberry Relish, 1% Milk
Tuesday, November 26	Glazed Ham, Sweet Potato Casserole, Wheat Roll with Butter, Brussels Sprouts with Cranberries, Pumpkin Crisp, 1% Milk
Wednesday, November 27	Glazed Ham, Broccoli/Rice/Cheese Casserole, Wheat Roll with Butter, Italian Vegetable Blend, Pumpkin Crisp, 1% Milk
Thursday, November 28	Closed – Happy Thanksgiving!
Friday, November 29	Closed

*Indicates menu item contains nuts or may not be suitable for individuals with a nut or seed allergy

