

FORSYTH SENIOR CENTER MENU

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. VEGETABLE BEEF SOUP CORNBREAD FRUITED JELLO COOKIES	2. WEINERS&BAKED BEANS COLESLAW FRUIT CRISP	3. TALAPIA FISH MAC&CHEESE PEAS/CARROTS FRUIT
6. RED HATS NOON!! CHICKEN FILET MASHED POTATOES VEGETABLES DESSERT	7. TATER TOT CASSEROLE TOSSED SALAD FRUITED JELLO BARS	8. TOMATO MAC SOUP HAM SALAD SANDWICH RELISH TRAY PINEAPPLE CAKE	9. FISH STICKS MAC&CHEESE PEAS LEMON JELLO COOKIES	10. CLOSED IN OBSERVANCE OF VETERAN'S DAY
13. BREAKFAST CASSEROLE GREEN SALAD MUFFINS FRUIT	14. GOULASH GREEN BEANS TOSSED SALAD PEARS	15. CHILI GRILLED CHEESE SANDWICH RELISH TRAY PEACHES	16. COOK'S CHOICE	17. SCALLOPED TURKEY GREEN BEAN BAKE CRANBERRY SALAD PUMPKIN PIE OR APPLE PIE, ROLLS
20. SLOPPY JO'S SPINACH SALAD FRUIT	21. SAUSAGE&GRAVY ON BISCUITS PEAS/CARROTS APPLE SLICES	22. TACO SOUP PIMENTO SANDWICH FRUIT CRISP	23. CLOSED FOR THANKSGIVING	24. CLOSED FOR THANKSGIVING
27. CHICKEN ENCHILADAS SPANISH RICE TOSSED SALAD MIXED FRUIT	28. COOK'S CHOICE	29. CREAMY CAULIFLOWER SOUP BEEF SANDWICHES CHERRY DUMP CAKE	30. COD FISH MAC&CHEESE PEAS LEMON FRUIT	DEC.1 MEATLOAF MASHED POTATOES MIXED VEGETABLES FRUIT

PLEASE CALL BY 9:30 346-2878 ALL MEALS SUBJECT TO CHANGE-SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00
- ALL MEALS SERVED WITH WATER ,COFFEE,TEA,JUICE,AND 2% MILK