

# November Senior Center Network Lunch Menu

## TRAVERSE CITY

12 p.m./Monday-Friday  
Reservations MUST be made  
24 hours in advance, call  
**947-5285**

## INTERLOCHEN

12 p.m./Thursday  
Reservations MUST be made  
by Monday in advance, call  
**922-4911**

## KINGSLEY

12 p.m./Wednesday  
Reservations MUST be made  
by Monday in advance, call  
**922-4911**


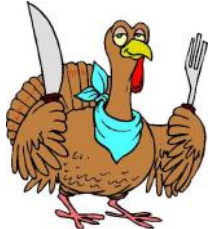




## FIFE LAKE

12 p.m./Nov 1, 8 & 15 Wednesday  
Reservations MUST be made  
by Monday in advance, call  
**879-4101**

**\$3.00**

### Suggested Donation for those 60+; \$5 CHARGE FOR THOSE UNDER 60

Traverse City includes one trip to the salad bar. Salad bar available without a reservation for a suggested donation of \$3. Milk, whole grain white bread and fruit served with every meal. Menu is subject to change.

		<b>Wed Nov 1</b> Chef Salad With Turkey, Egg, Cheese Lettuce, Carrots, Tomatoes Cottage Cheese <b>Cake: Kingsley &amp; Fife Lake</b>	<b>Thurs Nov 2</b> Roast Beef & Gravy Mashed Red Skin Potatoes Prince Charles Blend <b>Cake: Interlochen</b>	<b>Fri Nov 3</b> BBQ Chicken Breast Seasoned Potato Wedges Stewed Tomatoes
<b>Mon Nov 6</b> Sloppy Joe W/Bun Sweet Potato Puffs Diced Beets	<b>Tue Nov 7</b> Chicken Pasta Primavera With Vegetables Green Beans Broccoli Slaw	<b>Wed Nov 8</b> Bean W/Ham Stew Mixed Veggies Carrots	<b>Thurs Nov 9</b> Tilapia Oven Roasted Potatoes Peas & Pearl Onions <b>Cake: Traverse City</b>	<b>Fri Nov 10 CLOSED</b> 
<b>Mon Nov 13</b> Chicken Stew W/Carrots Potatoes & Corn Broccoli	<b>Tue Nov 14</b> BBQ Pork W/Bun Au Gratin Potatoes Prince Charles Blend <b>Pickle Appreciation Day</b>	<b>Wed Nov 15</b> Turkey & Gravy W/Stuffing Mashed Potatoes Green Beans Pumpkin Pie	<b>Thurs Nov 16</b> Bowtie Lasagna European Blend Cauliflower	<b>Fri Nov 17</b> Chicken Vegetable Stir Fry Oriental Blend Asian Slaw
<b>Mon Nov 20</b> Grilled Hamburger W/Bun Red Skin Potatoes Stewed Tomatoes	<b>Tue Nov 21</b> Beef Tips & Gravy Over Egg Noodles Winter Squash	<b>Wed Nov 22</b> Braised Chicken Thigh Roasted Sweet Potatoes Cauliflower Blend	<b>Thurs Nov 23 CLOSED</b> 	<b>Fri Nov 24 CLOSED</b> 
<b>Mon Nov 27</b> Cheese Manicotti W/Sauce Capri Blend Wax Beans	<b>Tue Nov 28</b> Teriyaki Meatballs W/Rice Oriental Blend Snap Peas	<b>Wed Nov 29</b> Chili Succotash Veggies Broccoli <b>National Chocolates Day</b>	<b>Thurs Nov 30</b> Chicken Breast Strips Roasted Sweet Potatoes Roasted Brussels Sprouts	

**\*\* SENIOR CENTER MEMBERSHIP IS NOT REQUIRED FOR LUNCH PROGRAM \*\***