

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


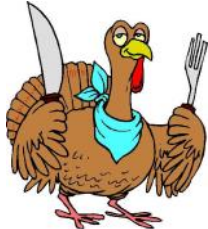




FIFE LAKE

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.

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

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