



November



				1 Men's Group Chili Cook Off Assorted chili, cornbread and dessert. FREE, No regular lunch program. Advance registration required. Call 231-922-4911.
4 Stuffed Green Pepper w/Meat Sauce Scalloped Potatoes Capri Vegetable Blend Pineapple Tidbits Dinner Roll Chocolate Pudding	5 Macaroni & Cheese Green Peas Stewed Tomatoes Diced Peaches Bread	6 Veterans Appreciation Lunch for Outreach Roast Beef w/gravy Mashed Potatoes Green Beans Diced Peaches Dinner Roll Kingsley - Birthday Dessert Fife Lake - Veterans Event Potluck	7 Chicken Breast w/ Mushrooms & Gravy Rice Pilaf Dilled Carrots Three Bean Salad Orange, Bread Interlochen Special Veterans Meal from 11/6 at Redeemer; Birthday Dessert	8 Meatloaf w/Gravy Mashed Potatoes Prince Charles Vegetable Blend Applesauce Dinner Roll TC - Birthday Dessert
11 Senior Center CLOSED in observance of the holiday. No lunch served.	12 Sloppy Joe w/bun Rosemary Potatoes Mixed Vegetables Apple Slices	13 Honey Mustard Chicken Au Gratin Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	14 Shepherd's Pie Mashed Potatoes Prince Charles Vegetable Blend Tropical Fruit Salad Biscuit Brownie	15 Sweet & Sour Pork Brown Rice Midori Vegetable Blend Broccoli Salad Diced Pears Bread
18 BBQ Chicken Rosemary Roasted Potatoes Winter Squash Sweet Cherries Bread	19 Meatball Sub Sandwich Sautéed Cabbage Diced Beets Fresh Pear	20 Thanksgiving Lunch Turkey w/Gravy & Stuffing Mashed Potatoes Green Beans Cranberry Sauce Dinner Roll Pumpkin Pie	21 Goulash, Corn Fresh Broccoli & Cauliflower w/Ranch Dip Warmed Sliced Peaches Interlochen Special Thanksgiving Lunch from 11/20	22 Stuffed Cabbage Rolls w/Meat Sauce Mashed Potatoes Succotash Banana Dinner Roll
25 Baked Glazed Ham Whipped Sweet Potatoes Peas Applesauce Dinner Roll	26 Turkey Tetrizzini Green Beans Creamy Coleslaw Warm Scalloped Apples Dinner Roll Cookie	27 Grilled Hamburger w/Bun Ranch Potato Wedges Baked Beans Orange	28 Senior Center CLOSED in observance of the holiday. No lunch served.	29 Senior Center CLOSED in observance of the holiday. No lunch served.

Milk is served with all meals. This menu is subject to change. \$3 suggested donation for those 60+; \$5 charge for those under 60. The Michigan Department of Aging and Adult Services provides the regulations regarding this menu.

To reserve or cancel meals in Traverse City, call 231-947-5285. For Kingsley and Interlochen, call 231-922-4911 by Monday of the week you would like to reserve; for Fife Lake, call 231-879-4101 by Friday of the week prior to the day you would like to reverse.