



NOVEMBER | 2017

GMN Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE REMEMBER YOUR DONATION!!!		1 BBQ Pork Potato Soup/Crackers Broccoli Apricots	2 Beef Stroganoff Noodles Peas Cauliflower Fruit Parfait	3 Chicken Piccata Scalloped Potatoes Carrots & Cabbage Tropical Fruit Cookie
6 Sausage Gravy Biscuit Boiled Egg Hashbrowns Oranges Tomato Juice	7 Roast Beef Parsley Potatoes Sugar Snap Peas Jello/Oranges Cookie	8 Chicken Patty/Bun Vegetable Soup Peas Oranges Muffin	9 Swiss Steak Augratin Potatoes Broccoli Pears	10 Closed For Veterans Day
13 Pizza Burger Tater Tots Tossed Salad/Dressing Peaches	14 Meatloaf Mashed Potatoes California Blend Applesauce Vanilla Wafers	15 Turkey Wrap Broccoli Noodle Soup Pineapple Chunks	16 Chicken Strips Quinoa Mac & Cheese Green Beans Cucumber/Tomato	17 Smoked Sausage Augratin Potatoes Stewed Tomatoes Peaches Cookie COMMODITES
20 Beef Stew Spinach Onion Egg Fruit Cup Biscuit	21 Tuna & Noodles Peas Tossed Salad/Dressing Applesauce	22 Turkey/Gravy Dressing Mashed Potatoes Glazed Carrots Pumpkin Pie	23 Closed for Thanksgiving	24 Closed for Thanksgiving
27 Spaghetti Lima Beans Tossed Salad/Dressing Applesauce Breadstick	29 Roast Pork/Gravy Mashed Potatoes Broccoli/Cheese Pineapple Cookie	29 Sweet & Sour Chicken Rice Broccoli & Cauliflower Carrots Juice	30 Grilled Cheese Quesadilla Taco Soup Cole Slaw Fruit Cocktail	

News

NEW OPTION: WE NOW OFFER DAILY A COLD LUNCH OPTION! INSTEAD OF A HOT LUNCH, YOU HAVE THE OPTION OF RECEIVING A BOX LUNCH. YOU MUST RESERVE THIS BOX LUNCH BY 9:00 AM.

Noble - 740-732-5129
Monroe - 740-472-1312

Congregate:
You MUST call before 9:00 AM to reserve your lunch meal

Home Delivered:
You MUST call to cancel your meal if you will not be home.

What you do today can improve all your tomorrows
- Ralph Marston