

NOVEMBER | 2024



GMN SENIOR SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Baked Fish Pea Salad Stewed Tomatoes Fruit /Jello Mac & Cheese Bread
4 Ham Loaf Au gratin Potatoes Lemon Garlic Brussell Sprouts Pears Roll	5 Turkey Salisbury Steak w/ Gravy Whipped Potatoes Carrots Fruit Cup Roll	6 Cranberry Chicken Breast Feather River Potatoes Harvard Beets Banana Cookie Bread	7 Ravioli w/ Meat Sauce Autumn Veggies Tossed Salad Berry Crumble Breadstick	8 Chicken Strips Baked Beans Cole Slaw Warm Cherry Crisp Bread
11 CLOSED VETERANS DAY	12 Sausage Gravy w/Biscuit Egg Hashbrowns Orange Slices Juice	13 Turkey Wrap Potato Soup Mandarin Oranges w/Jello Crackers	14 Ground Beef Veg. Soup Spinach Salad Juice Dinner Roll	15 Teriyaki Pork Chop Scalloped Potatoes Italian Blend Pineapple Bread & Cookie
18 BBQ Pork Riblet Baked French Fries Creamed Spinach Watergate Salad	19 Zucchini Pizza Bake Green Beans Mandarin Oranges	20 Chicken Spaghetti Casserole Carrots & Peas Tossed Salad Peaches Bread	21 Liver & Onions Roasted Potatoes Mixed Veggies Grapes Bread & Brownie	22 Ham & Soup Beans Capri Blend Apple Crisp Cornbread
25 Smoked Sausage Mashed Potatoes Sauerkraut Apricots Dinner Roll	26 Country Fried Steak w/ Gravy Whipped Potatoes Broccoli Banana Dinner Roll	27 Roast Turkey w/Gravy Dressing Whipped Potatoes Glazed Carrots Juice Bread	28 CLOSED THANKSGIVING	29 CLOSED THANKSGIVING

News

November is National Gratitude Month, a time when many people think about things to be thankful for.

Lisa Carpenter, Senior Services Director

Call and reserve you spot by 9:30am.
Lunch is served at 11am.

Contact Us:
Monroe(740)-472-1312
Noble (740)-732-5129

Fun Fact:

In bowling, a turkey is a term for rolling three strikes in a row: The term may have originated in the late 1700s and early 1800s, when bowling tournaments would give out food prizes to winners, including turkeys.