







JAL SENIOR CENTER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>IF YOU WOULD LIKE TO HAVE LUNCH WITH US PLEASE CALL 395-2245 AND LEAVE YOUR NAME BEFORE 9:30 AM</p>			<p>1 TURKEY/DRESSING SMASHED POTATOES GRAVY ITALIAN GREEN BEANS YAMS CRANBERRY SALAD PUMPKIN PIE</p>	<p>2 MEATLOAF BAKED POTATO ASPARAGUS TOSSED SALAD WW ROLL WHITE CAKE/CHERRIES</p>	<p>3 CAJUN FISH WILD RICE CAULIFLOWER/ CARROTS BISQUIT ORANGE SHERBERT</p>	4
5	<p>6 SPAGHETTI/ MEAT SAUCE ITALIAN VEGES SPINACH SALAD GARLIC BREAD APPLESAUCE CAKE</p>	<p>7 CHILE RELLENO PINTO BEANS TOSSED SALAD CRACKERS OATMEAL COOKIE</p>	<p>8 CHICKEN STRIPS SMASHED POTATOES/GRAVY BROCCOLI CARROTS WW ROLL STRAWBERRY SHORT CAKE</p>	<p>9 BEEF STEW COOKED CABBAGE CAULIFLOWER JALEPENO/ CORNBREAD VANILLA WAFER BANANA PUDDING</p>	<p>10 FRIED CATFISH TARTAR SAUCE FRENCH FRIES BROCCOLI SALAD BISCUIT TROPICAL FRUIT</p>	11
12	<p>13 SALISBURY STEAK MASHED POTATOS GRILLED ONIONS & BROWN GRAVY SALAD GREEN BEANS ROLL PEACHES</p>	<p>14 TACO BURGER MEXICAN SALAD BROCCOLI STRAWBERRIES/ BANANAS</p>	<p>15 CHICKEN FAJITA PINTO BEANS TORTILLAS TOMATO/GREEN CHILI PUMPKIN DESERT</p>	<p>16 HAM & BEANS WILDRICE FRIED OKRA CORNBREAD CANTALOUPE</p>	<p>17 GC HAMBUGER LETTUCE & TOMATO ONIONS & PICKLES FRENCH FRIES COTTAGE CHEESE & PEARS</p>	18
19	<p>20 PORK STEAK OLE PINTO BEANS SPANISH RICE TOSSED SALAD JALAPENO CORNBREAD JELLO/FRUIT</p>	<p>21 CHICKEN FRIED STEAK, MASHED POTATOES/GRAVY CALI VEGES BISCUITS STRAWBERRIE/ BANANAS</p>	<p>22 GC CHICKEN ENCHILDA, PINTO BEANS, SWEET POTATOES, CRACKERS, COTTAGE CHEESE/PEARS</p>	<p>23 From one turkey to another, Happy Thanksgiving! </p>	<p>24 </p>	25
26	<p>27 BBQ PORK SANDWICH, POTATO SALAD RANCH STYLE BEANS CELERY BABY CARROTS FRUITCOCKTAIL</p>	<p>28 BEEF TACOS LETTUCE/TOMATO ES SPANISH RICE PINTO BEANS CANTALOUPE</p>	<p>29 BBQ CHICKEN FRIED OKRA RAW BROCCOLI & RAW CAULIFLOWER & RAW CARROTS ROLL SPICED PEACHES SUGAR COOKIE</p>	<p>30 SALMON PATTIES BAKED POTATOES HOMINY SPINACH WHEAT BREAD CHOCOLATE PUDDING</p>		<p>MILK IS OFFERED WITH ALL MEALS calendarlabs.com</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IF YOU WOULD LIKE TO HAVE LUNCH WITH US PLEASE CALL 395-2245 AND LEAVE YOUR NAME BEFORE 9:30 AM					1 CAJUN FISH WILD RICE CAULIFLOWER/CAR ROTS BISQUITS ORANGE SHERBET	2 MILK IS OFFERED WITH ALL MEALS
3	4 BAKED HAM, SPINACH, SWEET POTATO, CORNBREAD, COTTAGE CHEESE & PINEAPPLE	5 TACO BURGER MEXICAN SALAD BROCCOLI STRAWBERRIES/ BANANAS	6 TURKEY/DRESSING SMASHED POTATOES GRAVY ITALIAN GREEN BEANS YAMS CRANBERRY SALAD PI IMPKIN PIE	7 HAM & BEANS WILDRICE FRIED OKRA CORNBREAD CANTALOUPE	8 FRIED CATFISH TARTAR SAUCE FRENCH FRIES BROCCOLI SALAD BISCUIT TROPICAL FRUIT	9
10	11 SPAGHETTI/ MEAT SAUCE ITALIAN VEGES SPINACH SALAD GARLIC BREAD APPLESAUCE CAKE	12 CHILE RELLENO PINTO BEANS TOSSED SALAD CRACKERS OATMEAL COOKIE	13 BBQ CHICKEN FRIED OKRA RAW BROCCOLI & RAW CAULIFLOWER & RAW CARROTS ROLL SPICED PEACHES SUGAR COOKIE	14 MEATLOAF BAKED POTATO ASPARAGUS TOSSED SALAD WW ROLL WHITE CAKE/CHERRIES	15 CHICKEN FRIED STEAK, MASHED POTATOES/GRAVY CALI VEGES BISCUITS STRAWBERRIE/ BANANAS	16 E
17	18 GC HAMBURGER LETTUCE & TOMATO ONIONS & PICKLES FRENCH FRIES COTTAGE CHEESE & PEARS	19 PORK STEAK OLE PINTO BEANS SPANISH RICE TOSSED SALAD JALAPENO CORNBREAD JELLO/FRUIT	20 CHICKEN STRIPS SMASHED POTATOES/GRAVY BROCCOLI CARROTS WW ROLL STRAWBERRY SHORT CAKE	21 SALISBURY STEAK MASHED POTAOES GRILLED ONIONS & BROWN GRAVY SALAD GREEN BEANS ROLL PEACHES	22 	23
24	25 	26 BEEF TIPS & RICE BROCCOLI STRAWBERRIES/ BANANAS	27 CHICKEN FAJITA PINTO BEANS TORTILLAS TOMATO/GREEN CHILI PUMPKIN DESERT	28 BEEF STEW COOKED CABBAGE CAULIFLOWER JALEPENO/ CORNBREAD VANILLA WAFER PUDDING	29 SALMON PATTIES BAKED POTATOES HOMINY SPINACH WHEAT BREAD CHOCOLATE PUDDING	31 BEEF BARLEY SOUP BAKED POTATOE CAULIFLOWER WW ROLL calendarlabs.com SLICED PINEAPPLE