

November 2022

Mon	Tue	Wed	Thu	Fri
<p>31</p> <p>Professional Development Day No Classes</p>	<p>1</p> <p>Yellow Split Pea</p> <p>Fried Chicken Sandwich Garden Salad with Ranch Dressing</p> <p>Apple Brown Betty</p>	<p>2</p> <p>Hot and Sour Pork</p> <p>Garlic Beef and Broccoli Chow Mein</p> <p>Brownies</p>	<p>3</p> <p>Gumbo</p> <p>Blackened Chicken Louisiana Red Beans and Rice</p> <p>Double Chocolate Banana Cake</p>	<p>4</p> <p>Lamb Stew</p> <p>Shepard Pie</p> <p>M&M Bars</p>
<p>7</p> <p>Tuscan Bean</p> <p>Penne Pesto Pasta Roasted Vegetables Garlic Bread</p> <p>Caramel Pumpkin Poke Cake</p>	<p>8</p> <p>Tom Yum</p> <p>Beef Panang Curry Rice Noodle Bowls</p> <p>Cookies and Cream Brownies</p>	<p>9</p> <p>“Save the Turkey’s” Lakeside Thanksgiving Luncheon</p>	<p>10</p> <p>Chicken Noodle</p> <p>Pulled Pork Sandwiches Macaroni Salad Collard Greens Strawberry Oatmeal Bars</p>	<p>11</p> <p>Enchilada Soup</p> <p>Bronzed Salmon Caesar Salad Dinner Roll</p> <p>Carrot Bars</p>
<p>14</p> <p>Grilled Cheese Tomato Basil Soup Chips</p> <p>Caramel Apple Magic Bars</p>	<p>15</p> <p>Mulligatawny</p> <p>Butter Chicken Steamed Rice Roasted Cauliflower</p> <p>Birthday Cupcakes</p>	<p>16</p> <p>Broccoli Cheddar</p> <p>Baked Potato Day With Fixin’ Bar</p> <p>Blondie Bars</p>	<p>17</p> <p>Creole Potato</p> <p>Cajun Shrimp Pasta Garlic Cornbread</p> <p>Lemon Meringue Tarts</p>	<p>18</p> <p>Gulai</p> <p>Chicken Satay Indonesian Fried Rice</p> <p>Chocolate Bundt Cake</p>
<p>21</p> <p>Vegetable Tortilla</p> <p>Cheese Bean Enchiladas with Refried Beans and Elote Style Corn</p> <p>Flan</p>	<p>22</p> <p>Beef Barley</p> <p>Chicken Pot Pie</p> <p>Strawberry Shortcake</p>	<p>23</p> <p>Chef’s Choice</p>	<p>24</p> <p>Closed For Holiday</p>	<p>25</p> <p>Closed For Holiday</p>
<p>28</p> <p>Closed For Holiday</p>	<p>29</p> <p>Professional Development Day No Classes</p>	<p>30</p> <p>Miso Soup</p> <p>Chicken Teriyaki Brown Rice Steamed Broccoli</p> <p>Cranberry Bliss Bars</p>		

November Vegan 2022

Mon	Tue	Wed	Thu	Fri
31 Professional Development Day No Classes	1 Fried Tofu Sandwich Garden Salad Miso Dressing	2 Eggplant and Broccoli Chow Mein	3 Roasted Squash Medley over Louisiana Red Beans and Rice	4 Vegan Farmers Pie
7 Penne Pesto Pasta Roasted Vegetables	8 Panang Curry Tofu Rice Noodle Bowls	9 “Save the Turkey’s” Lakeside Thanksgiving Luncheon	10 Pulled Jackfruit Sandwiches Macaroni Salad Collard Greens	11 Vegan Caesar Salad Dinner Roll
14 Grilled Vegan Cheese Tomato Basil Soup Chips	15 Gobi Aloo Steamed Rice	16 Baked Potato Day With Fixin’ Bar	17 Cajun Pasta Garlic Cornbread	18 Tempeh Satay Indonesian Fried Rice
21 Vegan Cheese Bean Enchiladas with Refried Beans and Elote Style Corn	22 Stuffed Peppers with Wild rice and Roasted Chickpea s	23 Chef’s Choice	24 Closed For holiday	25 Closed For holiday
28 Closed For holiday	29 Professional Development Day No Classes	30 Teriyaki Tofu Brown Rice Steamed Broccoli		

November Gluten Free 2022

Mon	Tue	Wed	Thu	Fri
31 Professional Development Day No Classes	1 Grilled Chicken Sandwich Garden Salad with Ranch Dressing	2 Garlic Beef and Broccoli Rice Noodle	3 Blackened Chicken Louisiana Red Beans and Rice	4 Shepard Pie
7 Penne Pesto G.F. Pasta Roasted Vegetables Garlic Bread	8 Beef Panang Curry Rice Noodle Bowls	9 “Save the Turkey’s” Lakeside Thanksgiving Luncheon	10 Pulled Pork Sandwiches Collard Greens	11 Bronzed Salmon Caesar Salad
14 Grilled Cheese Tomato Basil Soup Chips	15 Butter Chicken Steamed Rice Roasted Cauliflower	16 Baked Potato Day With Fixin’ Bar	17 Cajun Shrimp G.F. Pasta	18 Chicken Satay Indonesian Fried Rice
21 Cheese Bean Enchiladas with Refried Beans and Elote Style Corn	22 Stuffed Peppers with Wild Rice and Roasted Chickpeas	23 Chef’s Choice	24 Closed For holiday	25 Closed For holiday
28 Closed For holiday	29 Professional Development Day No Classes	30 Chicken Teriyaki With GF Soy Sauce Brown Rice Steamed Broccoli		