November 2026

milk and fruit served daily

Monday	Tuesday	Wednesday	Thursday	Friday
The Home Delivered Meal Program is funded in part by the Area Agency on Aging, Region One, Inc.				
2	3	4	5	6
Roasted Chicken (Pollo) with Potatoes, Spinach, and Brown Rice	Macaroni and Cheese, WW Noodles, Peas, Sweet Potatoes	Turkey (Pavo), Whole Grain Soba Noodles, Broccoli, Edamame	Tomato Basil Baked Tilapia (Pescado), Carrots, Green Beans, Couscous	Chicken (Pollo) Tamale Pie w/Corn Masa, Refried Pinto Beans, Squash
9	10	11	12	13
Turkey (Pavo) Rotini, Whole Wheat Pasta, Squash, Corn	Mediterranean Chicken (Pollo), Cabbage, Green Beans, Couscous	Yakisoba Noodle Salad w/Egg, Spinach, Bell Peppers, Whole Grain Yakisoba Noodles	Beef (Carne) and Broccoli, Sweet Potatoes, Brown Rice	Tinga Chicken (Pollo) Tacos, Corn Tortilla, Black Beans, Avocado Salsa
16	17	18	19	20
Yakisoba Stir Fry w/Egg, Broccoli, Sweet Potatoes, Whole Wheat Noodles	Chicken (Pollo) and Mashed Potatoes, Carrots, Whole Wheat Roll	Pork (Cerdo) Chili Verde, Roasted Corn Salad, Black Beans, Quinoa	Elote Cesar Salad w/Chicken (Pollo) Romaine, Tomatoes, Wheat Roll	Baked Chicken (Pollo), Sweet Potato Mash, Green Beans, Brown Rice
23	24	25	26	27
Chicken (Pollo) Cacciatore, Whole Grain Rotini, Roasted Mushrooms, Marinara, Roasted Peppers and Onions.	Turkey (Pavo) Meatloaf, Peas, Carrots, Whole Wheat Roll	Turkey (Pavo), Cider Gravy, Mashed Potatoes, Roasted Carrots, Cranberry Stuffing, Cranberry Sauce	Pollo Asado Taco Bowl, Refried Beans, Corn Salad, Whole Wheat Tortilla	Shepard's Pie with Peas, Carrots, Mashed Potatoes, Whole Wheat Roll
30				
Roasted Lemon Dill Chicken (Pollo), Sweet Potatoes, Green Beans, Couscous				

SENIOR PROGRAMS
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EVERYTABLE

Vegetarian
Spicy

6/18/2026