

# November 2018

## OSIP Lunch Menu

Water, 1% Milk, Juice and Coffee offered at every meal.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			1	2
			Tuna & Mushroom on W/G Linguine Peas Fruit Cocktail	Barbecue Pork French Fries Sliced Tomatoes Fruit on a W/G Waffle
5	6	7	8	9
Baked Ham Grilled Sweet Potato Wedges W/G Corn Muffins Applesauce	Tomato Bean Soup W/G Grilled Cheese Pears	Mexicali Casserole w/Beef & Beans W/G Rolls Peaches	Baked Chicken w Peanut Sauce Mixed Veggies W/G Bread Apricots	Broiled Haddock Hash Browns Cauliflower W/G Rolls Mango
12	13	14	15	16
Herbed Tuna on W/G Noodles Winter Squash Mandarin Oranges	Roast Pork W/G Basil Noodles Carrots Peaches	Veg Bean Soup Cheese & W/G Crackers Baked Apples	Beef Stir Fry over W/G Rice Mixed Veggies Pears	Chicken Stuffed Sweet Potato Broccoli Fruit Bowl
19	20	21	22	23
Sliced Ham Scrambled Eggs Hash Browns W/G Toast Mandarin Oranges & Bananas	Haddock Carrots W/G Corn Bread Baked Apples	Rst Turkey Potato Squash W/G Rolls Pumpkin Pie	Thanksgiving Closed	Closed
26	27	28	29	30
Cheese Burger on W/G Bun French Fries Jello/ Fruit	Chicken & W/G Biscuit Mixed Veggies Mandarin Oranges & Bananas	Tuna Salad on W/G Bread Tomato Soup Fruit Cocktail	Orange Cran Pork Sweet Potato W/G Rolls Apricots	Zucchini with Red Beans in Tomato Sauce over W/G Pasta Mixed Fruit

OSIP Adult Day Services is an equal opportunity provider.