

November Lunch Menu

ALBANY SENIOR CENTER

Lunch Service is on Monday - Friday from 12 - 1pm. Food service stops at 12:30pm.

Reservations are required and are accepted on Fridays.

Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.

All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>All meals include 1% milk.</p> <p>Menu is subject to change without notice.</p>	<p>Program participation is not limited with regard to:</p> <p>Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.</p>	<p>+denotes vitamin C-rich foods * denotes vitamin A-rich foods</p>	<p>1 Roast Beef and Monterey Jack Sandwich on Whole Wheat Bread Lettuce Leaf & Tomato Beet Salad Citrus Cutie+</p>
<p>4 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Rice 5-Spice Poached Pears</p> <p><i>Higher Sodium Meal</i></p>	<p>5 Beef and Bean Chili Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots & Thousand Island Dressing Warm Apple Crisp</p>	<p>6 Southwest Chicken Vegetable Soup Garden Salad with Carrots* & Dressing Whole Wheat Roll Seasonal Fresh Citrus+</p>	<p>7 Homemade Baked Macaroni & Cheese (Vegetarian) Steamed Broccoli and Cauliflower+ Green Salad with Dressing Seasonal Fresh Fruit Medley</p>	<p>8 Chicken and Vegetable Pasta Salad+ Vegetable Minestrone* Whole Wheat Roll & Butter Seasonal Fresh Fruit</p>
<p>11</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"><i>Veterans Holiday</i></p>	<p>12 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Bread & Butter Seasonal Fresh Fruit</p>	<p>13 Thai Fish Curry Soup+ Whole Wheat Bread & Butter Asian Cabbage Salad +* Fruit Cup</p>	<p>14 Spinach & Mushroom Lasagna* (Vegetarian) Italian Green Beans* Caesar Salad (Romaine+) Vanilla Yogurt and Berry parfait+</p>	<p>15 Turkey and Cheese Croissant Sandwich Potato Salad+ Seasonal Fresh Fruit</p>
<p>18 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed White Rice Mandarin Oranges+</p> <p><i>Higher Sodium Meal</i></p>	<p>19 Baked Ham with Pineapple Glaze Green Beans Mashed Potatoes Tangerine+ (or fresh citrus) French Roll & Butter</p>	<p>20 Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots with citrus vinaigrette+* Whole Wheat Crackers Seasonal Fresh Fruit</p>	<p>21 Cheesy Brown Rice Casserole with Broccoli+ & Mushrooms Seasoned Peas & Carrots* Mixed Greens Salad with French Dressing Ambrosia</p>	<p>22 Tex-Mex Chicken Taco Salad+* Tortilla Chips Vegetable Tortilla Soup (8 oz) Banana Cookie</p>
<p>25 Moo Shu Pork Squash Medley Stir Fry +* Steamed White Rice Mandarin Oranges+</p> <p><i>Higher Sodium Meal</i></p>	<p>26 THANKSGIVING LUNCH Roasted Turkey with Gravy Mashed Sweet Potatoes* Seasoned Green Beans Savory Stuffing Citrus+ Pumpkin Treat</p> <p><i>Higher Sodium Meal</i></p>	<p>27 Turkey, Kale, Sweet Potato & Brown Rice Soup+ Whole Grain Crackers Spinach Salad w/ Vinaigrette* Ambrosia</p>	<p>28</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"><i>Thanksgiving Holiday</i></p>	<p>29</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;"><i>Thanksgiving Holiday</i></p>