

November 2019



Wellsprings Assisted Living

27	28	29	30	31	Nov 1 Chicken Rice Dish Sauteed Yellow Squash Baked Roll Black Forest Cake	Country Style Pork Ribs Potato Salad Green Beans Cornbread Pineapple Parfait
Beef and Broccoli Lemon Rice Mixed Vegetables Spring Egg Roll Pumpkin Pie	Grilled Honey Lime Chicken Dill New Potatoes Honey Glazed Pea Pods/Carrots Apple Cobbler	Bread Crumb Pork Chop Sweet Baked Yams Scandinavian Veg Cornbread Vanilla Cream Puffs	Maple Glazed Ham Steak Twice Baked Potato Casserole Cauliflower and Carrots Baked Roll Banana Split Dessert	Chicken Rice Bake Brussels Sprouts Baked Roll Fruit Cup	Baked Cod with Panko Crust Rice Pilaf Vegetable Medley Apple Pie	Traditional Lasagna Seasoned Zucchini Garlic Bread Peanut Butter Krispie Treat
Ham and Potato Casserole Vegetable Medley Cherry Pie	Herb Crusted Chicken Ranch Potato Bake Capri Blend Spice Raisin Cookies	Meatballs/Marinara Sauce Garlic Pasta Green Beans Chocolate Oreo Poke Cake	Roast Pork with Apples Baked Fried Potatoes Buttered Squash Mixed Berry Crisp	Chicken and Ham/Mushroom Topping Sour Cream Potatoes Parsley Carrots Baked Roll Butterscotch Bread Pudding	Breadcrumb Cod Fillet Steamed Red Potatoes Spinach Strawberry Angel Dessert	Turkey Roast Fresh Mashed Potatoes/Gravy Roasted Parmesan Brussels Sprouts Baked Roll Pear Cobbler
Autumn Pot Roast Garlic Mashed Potatoes Roasted Carrots Baked Roll Lemon Meringue Pie	Roasted Chicken Legs Seasoned Rice Broccoli Apple Crisp	Country Fried Steak/Gravy Fresh Mashed Potatoes/Gravy Capri Blend Spiced Pear Cake	Shredded Turkey Gravy Baked Potato Sauteed Carrots Cranberry Pumpkin Cookie	Pork Roast/Mustard Sauce Lemon Pasta Green Beans Dump Cake	Ham, Potato Corn Dish Roasted Potato Medley Mixed Vegetables Cornbread White Cake	Glazed Meatloaf Fresh Mashed Potatoes/Gravy Seasoned Peas Peach Crisp
Blend	Oven Roasted Pork Seasoned Potatoes Yellow Squash/Onions Baked Roll Caramel Apple Cake	Sour Cream Beef Patty Fresh Mashed Potatoes Steamed Broccoli Whole Grain Bread Lime Poke Cake	Homestyle Turkey/Gravy Fresh Mashed Potatoes/Gravy Buttery Carrots Baked Roll Fruit Cobbler	Chicken Stir-Fry Rice Green Salad Ice Cream	Parmesan Crusted Cod Rice Snap Pea Vegetable Blend Glazed Lemon Pound Cake	Roasted Lemon Chicken Red Potatoes Sauteed Spinach Pear Crisp