

## November 2019



## Tranquillity at Fredericktowne

27	28	29	30	31	Nov 1	2
		27			Green Salad Chicken with Savory Cream Gravy	Green Salad Country Style Pork Ribs
					Salmon with Honey Thyme Sauce Parsley Egg Noodles Sauteed Yellow Squash Baked Roll Black Forest Poke Cake	Steak Picante Potato Salad Collard Greens Peanut Butter M&M Cookies
Green Salad Meatloaf/Gravy	4 Green Salad Teriyaki Chicken	5 Green Salad Bread Crumb Pork	Green Salad Seasoned Salisbury	7 Green Salad Mushroom and	Green Salad Grilled Cod/Lemon	Green Salad Traditional Lasagna
Feta Chicken O'Brien Potatoes Mixed Vegetables	Or Tilapia/Tomato Cream Sauce Brown Rice Honey Glazed Pea Pods/Carrots Baked Roll Apple Cobbler	Chop Or Herb Roasted Turkey Sweet Baked Yams Scandinavian Veg Baked Roll Lemon Cream Cake	Steak  Or  Ham with Raisin Sauce Twice Baked Potato Casserole Cauliflower and Carrots Banana Split Dessert	Swiss Chicken  Or  Hot Pork Gravy Penne Pasta Roasted Brussels Sprouts Fresh Blueberry Pie	Dill Sauce Or Spanish Cubed Steak Rice Pilaf Chef's Steamed Vegetable Baked Roll Key Lime Pudding	Sliced Turkey Breast Garlic Zucchini Saute Garlic Bread Buttermilk Spice Cake
Green Salad Glazed Baked Ham	Green Salad Sour Cream Chicken	12 Green Salad Meatballs/Marinara	Green Salad Roast Pork with	14 Green Salad Hamburger	15 Green Salad Flounder Fillet	16 Green Salad Turkey Roast
Or Pepper Steak Baked Yams	Or Shrimp Creole Ranch Potato Bake Capri Blend Baked Roll Spice Raisin Cookies	Sauce Or Lemon Oregano Turkey Garlic Pasta Parmesan Green Beans Garlic Bread Chocolate Oreo Poke Cake	Apples Or Quinoa and Vegetable Stuffed Peppers Lyonnaise Potatoes Buttered Squash Baked Roll Mixed Berry Crisp	Steak/Gravy or Chicken and Ham/Mushroom Topping Sour Cream Potatoes Parsley Carrots Butterscotch Bread Pudding	or Shredded Pork Lemon Rice Spinach Polonaise Baked Roll Ice Cream Pudding Swirl	Sirloin Steak Apple Sausage Stuffing Roasted Parmesan Brussels Sprouts Baked Roll Lazy Daisy Oatmeal Cake
Autumn Pot Roast  Or  Lemon Pepper Salmon Garlic Mashed Potatoes Roasted Carrots	Green Salad Roasted Chicken Legs Or Veal Marsala Seasoned Rice Lemon Buttered Broccoli Baked Roll Apple Crisp	Green Salad Pork Chops and Gravy Or Country Fried Steak/Gravy Baked Yams Capri Blend Baked Roll Spiced Pear Cake	Green Salad Bacon and Cheese Chopped Steak Or Cranberry Glazed Turkey Roast Baked Potato Oven Roasted Cauliflower Baked Roll Cranberry Pumpkin Cookie	Green Salad Pesto Chicken  Or Pork Roast/Mustard Sauce Lemon Pasta Green Beans Baked Roll Vanilla Fruit Pudding	Green Salad Cod Fillet/Lemon Sauce Or Ham/Pineapple Sauce Roasted Potato Medley Spinach Baked Roll White Cake	Green Salad Glazed Meatloaf or Turkey/Basil Cream Sauce Fried Potatoes and Onions Seasoned Peas Baked Roll Peach Crisp
or Italian Beef Pot Roast Garlic Pasta	Green Salad Herb Seasoned Pork  or Three Cheese Ravioli Glazed Sweet Potatoes Yellow Squash/Onions Baked Roll	Green Salad Beef Burgundy  or Baked Tilapia w/Dijon Dill Sauce Parsley Egg Noodles Steamed Broccoli Baked Roll German Chocolate	Green Salad Homestyle Turkey/Gravy or Pork Chops and Kraut Cranberry Sage Dressing Buttery Carrots Baked Roll	Green Salad Baked Ham  or Chicken/Tomato Mushroom Sauce Scalloped Potatoes Green Beans/Bacon Baked Roll Soft Snickerdoodle	Green Salad Sweet Sour Meatballs  Or Parmesan Crusted Cod Brown Rice Snap Pea Vegetable Blend Spring Egg Roll	Green Salad Roasted Lemon Chicken Or Corned Beef/Cabbage Wedge Red Potatoes Sauteed Spinach Baked Roll
Pie	Caramel Apple Cake	Brownie	Fruit Cobbler		Glazed Lemon Pound Cake	Vanilla Berry Trifle