












# November-Latino 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Philly Cheese Steak on Roll with sautéed onion &amp; peppers Steak fries Mixed vegetables Cran-apple juice Fruited Jell-O/topping</p>	<p><b>Election Day</b> 3 Italian wedding soup Apricot chicken qtr. Rice pilaf Roman blend Wheat bread Pears</p>	<p>4 Vegetable quiche Bean blend Sweet potato tots Wheat dinner roll Apple juice Carrot cake</p>	<p>5 Panamanian stewed pollo White rice Green beans Biscuit Peach cobbler</p>	<p>6 Baked fish Yucca peas Wheat bread Fresh fruit</p>
<p>9 Dijon Pork Cut sweet potato Okra and tomato Rye bread Fresh fruit </p>	<p><b>VETERAN'S SPECIAL</b> All-American Burger on roll with tomato, pickle, and ketchup Coleslaw Baked Beans Apple Pie </p>	<p>11 <b>CENTER CLOSED</b>  <b>Veterans Day</b></p>	<p>12 Baked fish Rice and kidney beans Green beans Wheat bread Fresh fruit</p>	<p>13 Mexican chicken Yellow rice and beans Bean blend Dinner roll Grape juice Marble cake</p>
<p>16 Stuffed pepper Basmati rice Carrots Wheat bread Pineapple </p>	<p><b>Thanksgiving Special</b> 17 Roast Turkey with Giblet Gravy Savory stuffing Cranberry sauce Sweet potatoes Peas, carrots, corn Corn bread Pumpkin pie</p>	<p>18 Eggplant rolatini Penne pasta &amp; sauce Fresh zucchini Parmesan cheese Italian bread Cranberry juice Diet fruited Jell-O w/ topping</p>	<p><b>Happy Birthday!</b> 19 Chicken fajitas with sautéed pepper/onions Wheat tortilla Refried beans Corn <b>Birthday Cake</b></p>	<p>20 Pernil Arroz con gandules Riviera belnd veggies White bread Fresh fruit</p>
<p>23 Baked chicken qtr. Macaroni &amp; cheese Green beans Wheat dinner roll Apple juice Mixed berry crisp</p>	<p>24 Cheese baked ziti Fresh zucchini Tossed salad with tomato &amp; Italian dressing Italian bread Peaches</p>	<p>25 Pork Loin w/gravy Mashed Potato California Blend Rye bread Fresh fruit </p>	<p><b>Center Closed</b> 26  <b>Happy Thanksgiving</b></p>	<p><b>Center Closed</b> 27 </p>
<p>30 Minestrone soup Tuna salad on roll Lettuce and tomato Marinated beet salad Mandarin oranges</p>	<p></p>	<p>Indicated low-fat, low sodium meals </p>	<p><b>Don't forget to vote</b>  <b>on November 3rd</b></p>	<p></p>





Elder Services

Central Naugatuck Valley Region: 203-757-7738

Email: [nutrition@newopportunitiesinc.org](mailto:nutrition@newopportunitiesinc.org)

232 N. Elm Street Waterbury, CT 06702

Housatonic Valley Region: 203-743-5418

Website: [www.newoppinc.org](http://www.newoppinc.org) Follow us on [Facebook.com/ElderServicesCT](https://www.facebook.com/ElderServicesCT)