

# November Lunch Menu Senior Services

Food Vendor Aging True

\*\*\*\* Meal Reservations Required \*\*\*\*

|                                                                                                                     |                                                                                                       |                                                                                                                                       |                                                                                                                         |                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 3 Swedish Meatballs<br>Penne Pasta<br>Mixed Vegetables<br>Dinner Roll<br>Fruit Cup<br>1% Milk                       | 4 BBQ Rib Pork Patty<br>Northern Beans<br>Cabbage<br>Wheat Bread<br>Fruit Cup<br>1% Milk              | 5 Cheesy Beef Casserole<br>Dilled Carrots<br>Green Beans<br>Dinner Roll<br>Fresh Fruit<br>1% Milk                                     | 6 Mushroom Chicken<br>Whipped Potatoes<br>California Vegetables<br>Wheat Bread<br>Fresh Fruit<br>1% Milk                | 7 Hamburger Beef Patty<br>Baked Pinto Beans<br>Lettuce/Tomato<br>Hamburger Bun<br>Fresh Fruit<br>1% Milk |
| 10 Beef Noodle Casserole<br>Garden Vegetables<br>Green Beans<br>Dinner Roll<br>Fruit Cup<br>1% Milk                 | 11 Closed<br>        | 12 Sloppy Joe Meat<br>Whipped Potatoes<br>Green Peas<br>Hamburger Bun<br>Fresh Fruit<br>1% Milk                                       | 13 Chicken Salad<br>Corn Salad<br>Lettuce<br>Tomato<br>Wheat Bread<br>Fresh Fruit<br>1% Milk                            | 14 Pork Sausage<br>Lima Beans<br>Cabbage<br>Hot Dog Bun<br>Fruit Cup<br>1% Milk<br>Mustard               |
| 17 Meatballs in Gravy (Ground Beef)<br>Whipped Potatoes<br>Spring Vegetables<br>Wheat Bread<br>Fruit Cup<br>1% Milk | 18 Sweet and Sour Chicken<br>Fried Rice<br>Japanese Vegetables<br>Dinner Roll<br>Fruit Cup<br>1% Milk | 19 Hamburger Beef Patty<br>Baked Pinto Beans<br>Lettuce/Tomato<br>Hamburger Bun<br>Fresh Fruit<br>1% Milk                             | 20 BBQ Chicken<br>Drumsticks<br>Black-eyed Peas<br>Green Beans<br>Wheat Bread<br>Fresh Fruit<br>1% Milk                 | 21 Italian Macaroni<br>Green Peas<br>Corn<br>Dinner Roll<br>Fresh Fruit<br>1% Milk                       |
| 24 Chicken and Sausage<br>Jambalaya<br>Succotash<br>Glazed Carrots<br>Dinner Roll<br>Fruit Cup<br>1% Milk           | 25 Beef and Bean Chili<br>Corn<br>Green Beans<br>Saltine Crackers<br>Fresh Fruit<br>1% Milk           | 26 Sliced Turkey/Gravy<br>Cranberry Sauce<br>Cornbread<br>Dressing<br>Whipped Sweet Potatoes<br>Dinner Roll<br>Fresh Fruit<br>1% Milk | 27 Closed<br><br>14 <sup>th</sup> World Diabetes Day<br>Lung Cancer Awareness Month<br>National Family Caregivers Month | 28 Closed<br><br>   |

Menu Prepared by Mandy Patrick, MS, RD, LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210

Menu Approved by Sharon M Lutheran, MSH, RDN, LDN Department of Senior Services, City of Jacksonville, FL Date of Approval August 25, 2025

*Sharon M Lutheran, MSH, RDN, LDN August 25, 2025*