


APOLLO

724-478-1410

November

Armstrong

Monday	Tuesday	Wednesday	Thursday	Friday
<i>*menu subject to change</i>				1 Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices
4 Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Fruit	5 Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Fresh Fruit	6 Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1 Cupcake Ketchup, Mustard, Relish <i>Birthdays</i>	7 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	8 Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad
11 CLOSED VETERANS DAY	12 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears	13 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce	14 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple	15 Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Fresh Fruit
18 Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit	19 Popcorn Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	20 Turkey w/Gravy 1/2c Stuffing 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1oz Cranberry Sauce 1/2c Pumpkin Mousse	21 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	22 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp
25 Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie	26 Chicken Bacon Carbonara (3oz Chicken, 1/2ox Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges	27 Tuna Salad Sandwich (4oz) 1c Roasted Pumpkin Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	28 Thanksgiving DAY CLOSED	29 CLOSED