


**FREEPORT**

**724-295-4380**

**November**

**Armstrong**

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