


RURAL VALLEY

724-783-2270

November

Armstrong

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