

| Sunday                             | Monday                                                                            | Tuesday                                                                                                   | Wednesday                                                                                        | Thursday                                                                          | Friday                                                                                                       | Saturday |
|------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------|
| 1<br><br>Daylight Saving Time Ends | 2<br>Arroz con Pollo<br>(Chicken & Rice)<br>Peas<br>Orange Slices                 | 3<br>Lemon Garlic Fish<br>Tartar Sauce<br>Noodles<br>Brussels Sprouts<br>Applesauce                       | 4<br>Baked Ham<br>Candied Sweet Potatoes<br>Pacific Medley Veggies<br>Peaches                    | 5<br>Chicken Tetrazzini<br>(Pasta/Veg, Cream Sauce)<br>Green Beans<br>Italian Ice | 6<br>Kielbasa Haluski<br>(Cabbage & Noodles)<br>Stewed Tomatoes<br>Pudding Cup                               | 7        |
| 8<br><br>Diwali (Hindi)            | 9<br>Breaded Fish Filet<br>Confetti Rice<br>Carrots<br>Fresh Fruit                | 10<br>Beef Brisket<br>Gravy<br>Mashed Potatoes<br>Broccoli<br>Cake                                        | 11<br><br>Senior Center Closed<br><br>Veterans Day<br>Remembrance Day (Canada)                   | 12<br>Turkey Burger<br>Baked Beans<br>Roasted<br>Potatoes & Onions<br>Pineapples  | 13<br>Beef & Broccoli<br>Rice<br>Succotash<br>Cookies                                                        | 14       |
| 15                                 | 16<br>Apple Butter Pork Chop<br>Mashed Sweet Potatoes<br>Snap Peas<br>Fresh Fruit | 17<br>Chicken Fajitas<br>(Roasted Peppers &<br>Onions on a Tortilla)<br>Spanish Rice<br>Mandarin Orange   | 18<br>Tuna Salad Hoagie<br>(Lettuce, Tomato, Onion)<br>Potato Salad<br>Applesauce                | 19<br>Pasta Bolognese<br>Broccoli<br>Cauliflower<br>Peaches                       | 20<br>Roast Turkey<br>Stuffing/Gravy<br>Mashed Potatoes<br>Herb Roasted<br>Carrots/Cranberry<br>Pumpkin Roll | 21       |
| 22                                 | 23<br>Fish Sticks<br>Tater Tots<br>Sautéed Spinach<br>Pineapples                  | 24<br>Marinated Grilled<br>Chicken Breast<br>Roasted Butternut<br>Squash Cubes<br>Green Beans<br>Ambrosia | 25<br>Ham & Cheese Omelet<br>Home Fried Potatoes<br>Sauteed Onions &<br>Peppers<br>Banana Muffin | 26<br><br>Senior Center Closed<br><br>Thanksgiving Day (U.S.)                     | 27<br><br>Senior Center Closed                                                                               | 28       |
| 29                                 | 30<br>Seafood Newberg<br>Noodles<br>Brussels Sprouts<br>Pears                     | November 2026 Menu   |                                                                                                  |                                                                                   |                                                                                                              |          |