

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 3 OZ BREADED CHICKEN 2 OZ ORANGE SAUCE 4 OZ WILD RICE 4 OZ ORIENTAL BLEND VEG 4 OZ PINEAPPLE	4 AMERICAN CHOP SUEY 6 OZ ELBOW NOODLES 4 OZ BOLOGNES SAUCE 4 OZ MIXED VEGETABLES 1 CORNBREAD MUFFIN 4 OZ MANDARIN ORANGES	5 4 OZ BAKED CHICKEN BREAST 2 OZ SAGE MAPLE CREAM SAUCE 2 OZ SPAGHETTI SQUASH 4 OZ HERBED LENTIL PILAF 4 OZ ASPARAGUS BLEND VEG 4 OZ PEARS	6 3 OZ SALMON 2 OZ CRANBERRY GLAZE 4 OZ ROASTED POTATOES 4 OZ ASPARAGUS BLEND 4 OZ TROPICAL FRUIT	7 8 OZ CHILI 4 OZ MIXED VEGETABLES 1 CORN MUFFIN 1 ORANGE
10 4 OZ SPAGHETTI W/ 3 OZ MEATBALLS 2 OZ MARINARA SAUCE 4 OZ BROCCOLI 1 GARLIC KNOT 1 TROPICAL FRUIT	11 VETERAN'S DAY LUNCH 3 OZ STUFFED SOLE 4 OZ WILD RICE 4 OZ CREAMED SPINACH 4 OZ CHOCOLATE PUDDING 4 OZ FRUIT JUICE	12 3 OZ BAKED CHICKEN 2 OZ BBQ SAUCE 4 OZ MAC & CHEESE 4 OZ SPINACH 4 OZ PEACHES	13 8 OZ BEEF STEW 4 OZ MIXED VEGETABLES 1 BISCUIT 4 OZ APPLE CRISP	14 CHICKEN SHAWARMA 3 OZ MARINATED CHICKEN 4 OZ HERBED RICE 4 OZ MIXED VEGETABLES PITA BREAD 1 OZ TZATZIKI SAUCE 4 OZ FRUIT JUICE 4 OZ BUTTERSCOTCH PUDDING
17 3 OZ BREADED CHICKEN 2 OZ FLORENTINE SAUCE 4 OZ RICE PILAF 4 OZ SCANDINAVIAN VEG 4 OZ PEARS	18 3 OZ BEEF TIPS W/ GRAVY 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 4 OZ FRUIT COCKTAIL	19 3 OZ BATTERED FISH 4 OZ FRENCH FRIES (CHIPS) 4 OZ BAKED BEANS 4 OZ COLE SLAW 1 BANANA	20 3 OZ CHICKEN MARSALA 2 OZ MUSHROOM GRAVY 4 OZ EGG NOODLES 4 OZ BRUSSELS SPROUTS 4 OZ SPICED APPLES	21 THANKSGIVING LUNCH 3 OZ ROAST TURKEY 2 OZ GRAVY 4 OZ MASHED POTATOES 2 OZ STUFFING 4 OZ GREEN BEANS 2 OZ CRANBERRY SAUCE 1 DINNER ROLL 1 SLICE PUMPKIN PIE
24 3 OZ SWISS STEAK 2 OZ TOMATO GRAVY 4 OZ MASHED POTATOES 4 OZ CARROT COINS 4 OZ FRUIT COCKTAIL	25 4 OZ CHICKEN CORDON BLEU 4 OZ WILD RICE 4 OZ SONOMA BLEND VEG 4 OZ PEARS	26 BIRTHDAY LUNCH 8 OZ SHEPHERD'S PIE 4 OZ CORN 1 BISCUIT 4 OZ FRUIT JUICE BIRTHDAY CAKE	27 CLOSED HAPPY THANKSGIVING!	28 CLOSED HAPPY THANKSGIVING!

(Menu subject to change without notice)

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, fish or sesame.
 Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

RESERVATIONS AND CANCELLATIONS FOR MEALS NEED TO BE MADE 24 HRS IN ADVANCE
 CONGREGATE DINERS PLEASE CALL THE ESTUARY RESERVATION LINE AT 860-388-1611 X216 BEFORE 11am
 HOMEBOUND CLIENTS PLEASE CALL 860-388-1611 X217

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY LAURA ROBBINS, RDN

8 oz. – 1% milk Multi-grain breads are served with each meal unless noted above Condiments are served as posted