



Meals for Dining Centers and Home Delivery

Call for meal reservation by 5:00 p.m. the day before at 345-0821 or 1-800-452-0097. Call by 9:00 a.m. the same day to cancel.

Age 60 and over suggested donation is \$2.50; under 60 cost is \$6.00.

Mon	Tue	Wed	Thu	Fri
3 oz Batter Dipped Fish Nuggets 2 1/2 c Potato Wedges 1/2 c Peas 4 oz. Juice Diet Yellow Cake	3 oz Pork Cutlet with Brown Gravy 3 1/2 c Whipped Potatoes 1/2 c Baby Limas Peach Cup	3/4 c Chili and Cheese with Crackers 4 1/4 c Coleslaw 1/2 c Mandarin Oranges Gingerbread	3 oz Salisbury Steak with Gravy 5 Baked Potato 1/2 c Spinach w/Bacon 1/2 c Pineapple Tidbits	3 oz Hawaiian Chicken 6 1/2 c Mixed Veggies 1/2 c Steamed Rice 1/2 c Cut Green Beans 4 oz Juice Key Lime Pie
Tuna Salad Sandwich 9 1/2 c 3 Bean Salad 1/2 c Stewed Tomatoes 1/2 c Spiced Apples	3 oz Beef Ravioli with Sauce 10 1/2 c Green Beans 1/2 c Cauliflower 1/2 c Apricots	 Veteran's Day 11 "A Day of Remembrance" LCAP Agency Closed	3 oz Open Face Turkey Sandwich w/Gravy 12 1/2 c Mashed Sweet Potatoes 1/2 c Steamed Broccoli Orange	3 oz Baked Ham 13 1/2 c Sweet Potatoes 1/2 c Peas 4 oz Juice Custard Pie
3 oz Sliced Pork w/gravy 16 1/2 c Lyonnaise Potatoes 1/2 c Succotash 1/2 c Tropical Fruit Apple Pie	3 oz Roast Beef/Gravy 17 1/2 c Macaroni & Cheese 1/2 c Brussel Sprouts 4 oz Juice S/F Cake	3 oz Chicken Breast Patty 18 1/2 c 3 Bean Medley 1/2 c Corn 1/2 c Sliced Peaches	3 oz Sloppy Joe/Bun 19 1/2 c Corn 1/2 c Steamed Cabbage Fruited Jell-O with Fruit Juice S/F Cookies	3 oz Open Faced Roast Beef Sandwich/Gravy 20 1/2 c Macaroni & Cheese 1/2 c Brussels Sprouts 4 oz Juice Walnut Cake
3 oz Spaghetti & Meat Balls 23 3/4 c Tossed Salad 1/2 c Hot Applesauce Garlic Bread	3/4 c Soup Beans/Ham 24 1/4 c Cottage Cheese & Pineapple 1/2 c Pickled Beets 4 oz. Juice Corn Bread	Turkey & Dressing 25 Mashed Potatoes/Gravy Green Beans Cranberry Sauce Pumpkin Pie Juice	 26 LCAP Agency Closed	27 Thanksgiving Holiday LCAP Agency Closed
3 oz Ham Loaf 30 1/2 c Golden Potato Pearls 1/2 c Turnips 1/2 c Pears		<h1>November 2009</h1>		

Diet menus available upon request. Menus subject to change without notice. 2% milk or buttermilk and bread served daily. Noon lunch served daily at eleven in dining centers. In Newark: LCAP at 745 E. Main St., Terrace Garden Apartments at 85 W. Church St., Sharon Glyn Village at 914 Sharon Valley Rd., Candlewick Commons at 15 S. 3rd St. and Washington Square Apartments at 340 Eastern Ave.. In Jacksontown United Methodist Church. In Pataskala at TJ Evans LEADS Center. In Johnstown at Chimes Terrace Apartments . In Utica at Oak Hill Manor. In Heath at Mitchell Retirement Village.