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Menu

Johnson County Nutrition Program

Home-Delivered Meal Program

SENIOR NEIGHBORHOOD CENTERS Ho
Blue Valley: 980-3633 DeSoto: 585-1762
Overland Park: 648-2949 Roeland Park:
In the event of bad weather, listen to KCMO /
KSHB-TV 41, WDAF-TV 4 for Neighborhood

				FRIDAY	
<p>Hungarian goulash White rice Sliced Harvard beets Whole grain white bread Mandarin oranges</p>	<p>Chicken parmesan Spaghetti noodles w/red sauce Tossed salad w/tomato Wheat bread Diced peaches & pears Sugar cookie *Diet lemon cookie</p>	<p>Pot roast Quartered potatoes Carrots, onions, & celery Dinner roll Citrus cup</p>	<p>Chicken & noodles Peas w/pimento Biscuit Fruit compote</p>	5	<p>Meatball sandwich Potato salad Coleslaw Hot dog bun Cinnamon apples</p>
<p>Pork cutlet Scalloped potatoes Herbed spinach Whole grain white bread Ambrosia fruit salad</p>	<p>9 Birthday Day! Oven fried chicken Mashed potatoes w/gravy Green beans w/onion Wheat dinner roll Mandarin oranges w/pineapple *Angel food cake w/sherbet</p>	<p>Veterans' Day</p> <p><u>ALL CENTERS CLOSED</u></p>	<p>Roast pork Sweet potatoes Seasoned peas Wheat dinner roll Cranberry fluff</p>	11	<p>Marinated fish Macaroni & cheese Stewed tomatoes White bread Fresh orange</p>
<p>Grilled chicken Pasta salad Mixed vegetables Whole wheat bun Fruit cup</p>	<p>16 Sausage w/gravy Potatoes O'Brien w/green peppers Omelet Biscuit Orange juice</p>	<p>17 Beef & macaroni Tossed salad w/tomato Whole grain white bread Fruit cocktail</p>	<p>18 Holiday Dinner! Roast turkey w/gravy Mashed potatoes Green beans Spiced apple rings Dinner roll</p>    <p>10 in p</p>	20	<p>Hamburger patty Lettuce & tomato Oven brown potatoes Baked beans White bun Strawberries & bananas</p>
<p>Sloppy Joe Baked potato chips Buttered carrots & broccoli White bun Apricots</p>	<p>23 Shepherd's pie Buttered peas w/pimento Wheat bread Applesauce</p>	<p>24 Pork roast Quartered potatoes Scandinavian vegetables Whole grain white bread Peaches & cottage cheese</p>	<p>25 Thanksgiving</p> <p><u>ALL CENTERS CLOSED</u></p>	26	<p>Holiday</p> <p><u>ALL CENTERS CLOSED</u></p>
<p>Barbeque chicken Au Gratin potatoes Succotash Wheat bread Diced pears</p>	<p>30</p>	<p>Cancellations <u>must</u> be made 24 hours in advance</p>	<p>Holiday months bring warm, special moments and lots of great food! Keep your portions in check to ensure there won't be more of you to love after the holidays!</p>		<p>Milk and bread served daily. Menus subject to change. * Indicates Diabetic substitution</p> <p>See back of menu for nutrition information.</p>