# Monthly Menu - November 2022

**Siskiyou Senior Nutrition**  
(530) 926-4611

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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**MONDAY**
- Bacon, egg, chs, spinach breakfast sandwich
- WW english muffin
- Oven potatoes w/ peppers and onions
- Tangerine

**TUESDAY**
- Stuffed Potatoes w/ Broccoli and Cheese
- Green Salad w/ beets
- Kidn.beans & cucumbers
- WW roll
- Peaches

**WEDNESDAY**
- Cheeseburger with Lettuce, Tomato
- Red Potato Wedges
- Broccoli salad
- Red grapes
- WG sunchips

**THURSDAY**
- Beef and Cheese Tacos w/ lettuce and tomato
- Spanish Brown Rice
- Black Beans
- Mandarin & tropical fruit
- Tortilla chips & salsa

**FRIDAYS**
- Fish Sandwich w/ cheese & tarter sauce
- Coleslaw
- Sweet Potato fries
- Strawberries & blueberries

**SATURDAY**
- Pork fried rice w/ egg and mix veggies
- Peas and cabbage
- Orange
- WW roll

**SUNDAY**
- Meatloaf w/ gravy
- Mashed red potatoes
- Sauteed Kale
- Peaches and pears
- WW roll

**MONDAY**
- Orange Chicken over brown Rice
- Spinach Salad w/ egg and Mandarins
- WW Roll
- Red Grapes

**TUESDAY**
- Spaghetti w/ meat sauce
- WW noodles
- Green beans
- Cantaloupe & blueberries
- WW garlic bread

**WEDNESDAY**
- Roasted Turkey w/ gravy
- Yam w/ marshmallow
- Carrots w/ parsley
- WW Stuffing
- Cranberry Sauce
- Spiced pears
- Pumpkin Dump Cake

**THURSDAY**
- Turkey pot pie w/ mixed veggies
- Spinach salad w/ egg & mandarins
- Peach WW roll

**FRIDAYS**
- Minestrone Soup
- 1/2 tuna sandwich w/ lettuce and tomato
- on WG bread
- Fresh apple

**SATURDAY**
- Bik bean & chs burrito on WW tortilla
- Lemon herb brown rice
- Mexi Coleslaw
- Mixed berries & bananas

**SUNDAY**
- Please note

**NOTES**
- Happy Thanksgiving
- Closed on Thanksgiving Day