Siskiyou Senior Nutrition
(530) 926-4611

MONTHLY MENU **November** **2026**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL	2 **Cheeseburger on WW Bun** **Lettuce,Tomato & Onion** **Broccoli Slaw Salad** **Red Grapes**	3 **Beef Lasagna** **Garden Salad** **w/ Peppers** **Tangerine** **WW Roll**	4 **Fish & Chips** **(Sweet Potato Fries)** **Coleslaw** **Tartar Sauce** **Banana** **WW Roll**	5 **Beef Stew** **w/ Carrots, Peas, & Potatoes** **Garden Salad** **Fruit Cocktail** **Cornbread**
SENIOR NUTRITION ***CLOSED ON*** ***FRIDAYS*** GREAT NORTHERN services	9 **Minestrone Soup** **Spinach Salad** **Orange** **WW Roll**	10 **Teriyaki Chicken** **w/ Brown Rice** **Peas & Carrots** **Mandarins & Tropical Fruit**	11 **CLOSED** HAPPY VETERANS DAY	12 **Hot Chicken Salad** **Sauteed Kale & Red Bell Peppers** **Apple** **Whole Wheat Roll**
ALL MEALS ***INCLUDE 1% MILK*** **** BUTTER IS OFFERED*** ***WITH ROLLS***	16 **Veggie Tortellini** **w/ Marinara** **Garden Salad** **Orange** **WW Garlic Bread**	17 **Beef Stroganoff** **w/ Egg Noodles** **Ginger Honey Carrots** **Mandarins & Tropical Fruit** **WW Roll**	18 **Chicken Taco Salad** **w/ Lettuce,Tomato** **Salsa & Sour Cream** **Brown Rice** **Mandarin & Tropical Fruit** **Tortilla Chips**	19 **Roasted Turkey w/Gravy** **Mashed Red Potatoes** **Green Beans** **Ambrosia Salad** **WW Roll**
Salt **MEAL CONTAINS** **MORE THAN 1000 MG** **OF SODIUM**	23 **Orange Chicken** **w/ Brown Rice** **Chinese Cabbage Salad** **Tangerine**	24 **Spaghetti** **w/ Meat Sauce** **Peas & Carrots** **WW Garlic Breadstick** **Banana**	25 **Pork Roast w/ Gravy** **Mashed Red Potatoes** **Carrots** **WW Roll** **Apple**	26 Sorry.....We're CLOSED **Happy Thanksgiving**
Suggested Contribution **Site Senior $4.00** **Home Delivered $4.00** **Non Senior $10.00** *There is no obligation to Contribute. A contribution is purely voluntary. No eligible participant will be denied service because of failure or inability to contribute.*	30 **Chicken Alfredo** **w/ Broccoli** **Caesar Salad** **Bananas & Strawberries** **WW Roll**			