





 **SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - November 2022** 

MONDAY OCTOBER 31	TUESDAY NOVEMBER 1	WEDNESDAY NOVEMBER 2	THURSDAY NOVEMBER 3	FRIDAY NOVEMBER 4
RIGGATONI W/ MEAT SAUCE VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ. 	CHEESEBURGER ON A BUN WITH LETTUCE, TOMATO & ONION - 3 OZ BAKED BEANS - 1/2 C FRUIT - 1/2C MILK - 8 OZ.	CHICKEN BREAST- 3 OZ MASHED POTATO W/GRAVY - 1/2 C BREAD 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	EGGPLANT PARMESAN - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	ITALIAN BEEF W/GR PEPPERS - 3 OZ. FRIES - 1/2C FRUIT - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.
MONDAY NOVEMBER 7	TUESDAY NOVEMBER 8	WEDNESDAY NOVEMBER 9	THURSDAY NOVEMBER 10	FRIDAY NOVEMBER 11
RAVIOLI W/MEAT SAUCE - 1/2 C VEGGIE -1/2C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	SAUSAGE PIZZA WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2C MILK - 8 OZ.	JULIAN SALAD W/HAM, TURKEY, CHEESE, TOMATOES- 2 OZ. EA BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	CHICKEN VESUVIO W/EX SAUCE - 3OZ. VESUVIO POTATOES W/EX SAUCE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	HOT ROAST BEEF - 3 OZ. MASHED POTATO W/GRAVY - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.
SANDWICH NOVEMBER 14	TUESDAY NOVEMBER 15	WEDNESDAY NOVEMBER 16	THURSDAY NOVEMBER 17	FRIDAY NOVEMBER 18
CHICKEN BREAST- 3 OZ MAC & CHEESE - 1/2 C BREAD 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	SPAGHETTI - 1/2 C W/MEATBALLS -3 OZ. BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	CHILI - 1/2 C W/ CHEESE, ONIONS SOUR CREAM BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	TURKEY - 3 OZ. WITH STUFFINGS - 1/2 C CRANBERRY SAUCE VEGGIE - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.	VEGGIE PIZZA, GR PEPPER, ONION CHEESE, EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C BREAD - 4 OZ. MILK - 8 OZ
MONDAY NOVEMBER 21	TUESDAY NOVEMBER 22	WEDNESDAY NOVEMBER 23	THURSDAY NOVEMBER 24	FRIDAY NOVEMBER 25
LEMON CHICKEN - 3 OZ. RICE W/GRAVY - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	SAUSAGE PIZZA WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2C MILK - 8 OZ.	SAUSAGE SANDWICH W/ RED SAUCE - 3 OZ. MAC & CHEESE - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	HAPPY THANKSGIVING 	CLOSED 
MONDAY NOVEMBER 28	TUESDAY NOVEMBER 29	WEDNESDAY NOVEMBER 30	THURSDAY NOVEMBER 31	FRIDAY DECEMBER 1
CHILI - 1/2 C W/ CHEESE, ONIONS SOUR CREAM BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	MEATBALL SANDWICH - 3 OZ. WITH CHEESE, GR PEPPER, ONIONS FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	BOWL OF SOUP OF THE DAY - 8OZ BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	BAKED MOSTACCIOLI WITH MEAT SAUCE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK 8 OZ.	

Soup of the day.

TO RESERVE CALL 708-603-2269 EXT 269 BEFORE 4pm to order for next days meal.

All & any items maybe subject to change.