



PORTUGUESE ORGANIZATION for SOCIAL SERVICES and OPPORTUNITIES (POSSO)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Suggested Contribution rate per meal: Adults 60 years and over: \$3.00 A meal ticket: \$30 Required Guest Fee: \$8.00 (under 60)</p>		<p>1 <i>Vegetable Soup</i></p> <p>Teriyaki Chicken Whole Wheat Roll Egg Noodles Broccoli Fresh Seasonal Fruit</p>	<p>2 <i>Beef Soup</i></p> <p>Beef Stew Whole Wheat Roll Carrots, Peas, Onions & Potatoes in entrée Fresh Cantaloupe</p>	<p>3 <i>Bean Soup</i> </p> <p>Veggie Burger Whole Wheat Bun Carrot & Celery Sticks Sweet Potato Fries Fresh Apple</p>
<p>6 <i>Squash Soup</i></p> <p>Roast Chicken Whole Wheat Roll White Rice Fresh Seasonal Vegetables Fresh Cantaloupe</p>	<p>7 <i>Bean Soup</i> </p> <p>Vegetarian Pizza Whole Wheat Flatbread Mixed Vegetables in entrée Fresh Orange</p>	<p>8 <i>Zucchini Soup</i></p> <p>Fish Filet Burger w/ Cheese & Tartar Sauce Whole Wheat Bun Sweet Potato Fries Canned Fruit</p>	<p>9 <i>Kale Soup</i></p> <p>Pork Ribs Whole Wheat Roll Rice Corn Fresh Banana</p>	<p>10 <i>Broccoli Soup</i> </p> <p>Garlic Shrimp Linguine Whole Wheat Roll Linguine Fresh Seasonal Vegetables Fresh Apple</p>
<p>13 <i>Carrot Soup</i></p> <p>Cheeseburger w/ Lettuce, Tomato & Onions Whole Wheat Bun Baked French Fries Fresh Orange</p>	<p>14 <i>Kale Soup</i></p> <p>Cream of Chicken w/ Garlic Whole Wheat Roll White Rice Seasonal Vegetables in entrée</p>	<p>15 <i>Cabbage Soup</i></p> <p>Lasagna Whole Wheat Roll Italian Blend Vegetables Fresh Banana</p>	<p>16 <i>Clam Chowder</i></p> <p>Fish & Chips Whole Wheat Roll Sweet Potato Fries Broccoli Fresh Seasonal Fruit</p>	<p>17 <i>Vegetable Soup</i></p> <p>Chicken Vegetable Stew Whole Wheat Roll White & Rice Carrots & Peas in entrée Fresh Orange</p>
<p>20 <i>Minestrone Soup</i></p> <p>Baked Fish Whole Wheat Roll Sweet Potatoes Fresh Pear</p>	<p>21 <i>Vegetable Soup</i></p> <p>Beef Burrito Bowl Whole Wheat Roll Spanish Rice Pinto Beans, Bell Peppers & Onions in entrée Fresh Cantaloupe</p>	<p>22 <i>Tomato Bisque Soup</i></p> <p>BBQ Chicken Whole Wheat Roll & Macaroni Salad Carrots & Peas Fresh Orange</p>	<p>23 Happy Thanksgiving</p>	<p>24</p>
<p>27 <i>Vegetable Soup</i></p> <p>Chicken Enchilada Casserole Corn Tortillas Spanish Rice Red Bell Peppers, Onion & Zucchini in entrée Fresh Cantaloupe</p>	<p>28 <i>Caldo de Peixe (Fish Soup)</i></p> <p>Oven Baked Fish Whole Wheat Roll Rice w/ Pimentos Broccoli Cauliflower Fresh Seasonal Fruit</p>	<p>29 </p> <p>Carne Salteada (Cubed Pork w/ Potatoes) Whole Wheat Roll Peas & Carrots Red Potatoes Fresh Banana</p>	<p>30 <i>Cabbage Soup</i></p> <p>Meatloaf Whole Wheat Roll Mashed Potato Fresh Apple</p>	<p>“No eligible individual shall be denied participation because of failure or inability to contribute.”</p>