


New Horizons Daily Lunch Menu ▼ Monday – Friday at Noon ▼ Call 610.664.2366 to Reserve!

<p>* 1 Carb choice ** 2 Carb choices</p> <p>1% Milk* served everyday</p> <p>EP: Edible Portion Menu Subject to Change</p>		<p>Wednesday, November 1 <u>STUFFED BAKED FISH</u> Capri Blend Vegetables Roasted Red Bliss Potatoes Whole Wheat Bread Fresh Orange</p>	<p>Thursday, November 2 <u>BEEF CHILI</u> Mixed Vegetables Whole Wheat Roll Pineapple Tidbits Unsweetened Iced Tea</p>	<p>Friday, November 3 <u>SPINACH & CHEDDAR OMELET</u> Hash Brown Potatoes Scalloped Tomatoes Whole Wheat Roll Fruit Cocktail</p>
<p>Monday, November 6 <u>ROAST BEEF HOAGIE</u> Carrot and Raisin Salad Cinnamon Applesauce Tomato Bisque Unsweetened Iced Tea</p>	<p>Tuesday, November 7 Election Day Center Closed Don't forget to Vote!</p>	<p>Wednesday, November 8 <u>TUNA NOODLE CASSEROLE</u> Green Beans Pumpkin Bread* Mandarin Oranges Apple Juice</p>	<p>Thursday, November 9 <u>ASIAN CHICKEN SALAD</u> 7 Grain Bread Pears Chicken and Rice Soup</p>	<p>Friday, November 10 <u>TRICOLOR TORTELLINI WITH MINI MEATBALLS</u> Normandy Blend Vegetables Spinach Salad w. Balsamic Fresh Apple</p>
<p>Monday, November 13 <u>BBQ CHICKEN THIGH</u> Collard Greens Potato Cubes w. Pepper & Onion White Roll Lemon Cupcake</p>	<p>Tuesday, November 14 <u>SHEPPARD'S PIE</u> Rye Bread Warm Cinnamon Apples Peaches</p>	<p>Wednesday, November 15 <u>TUNA SALAD</u> Lettuce and Tomato Health Salad White Roll Oatmeal Cookie Manhattan Clam Chowder Unsweetened Iced Tea</p>	<p>Thursday, November 16 <u>BEEF STROGANOFF</u> Wide Noodles Spinach with Carrots Beets Whole Wheat Bread Pineapples</p>	<p>Friday, November 17 <u>VEGETABLE LASAGNA</u> Tossed Salad Strawberry Applesauce Apple Juice</p>
<p>Monday, November 20 <u>GRILLED CHICKEN FRICASSE</u> Broccoli Florets Brown Rice Pilaf Whole Wheat Roll Fresh Orange</p>	<p>THANKSGIVING MEAL <u>ROAST TURKEY W. GRAVY</u> Whipped Sweet Potatoes* Green Bean Almondine Cranberry Sauce Pumpkin Pie**</p>	<p>Wednesday, November 22 <u>MEATBALL SANDWICH</u> Cole Slaw Zucchini & Corn Mandarin Oranges Unsweetened Iced Tea</p>	<p>Thursday, November 23 Center Happy</p>	<p>Friday, November 24 Closed Thanksgiving</p>
<p>Monday, November 27 <u>LEMON ROSEMARY FISH</u> Greenbean/Waxbean/Carrots Couscous Pumpkin Bread Cherry Applesauce Apple Juice 4oz apple juice*</p>	<p>Tuesday, November 28 <u>CHICKEN SALAD PLATTER</u> Broccoli, Onion, Craisin Salad Veggie Pasta Salad Whole Wheat Roll Peaches Cream of Mushroom Soup</p>	<p>Wednesday, November 29 <u>BEEF CHILI</u> Mixed Vegetables Whole Wheat Roll Pineapple Tidbits Unsweetened Iced Tea</p>	<p>Thursday, November 30 <u>SPINACH & CHEDDAR OMELET</u> Hash Brown Potatoes Scalloped Tomatoes Whole Wheat Roll Fruit Cocktail</p>	<p>November 2017</p>