SENIOR ENRICHMENT CENTER

MONTHLY MENU

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf w/ Gravy Mac & Cheese Veggies	**3** Denver Omelet Breakfast Potatoes Pork Sausage	**4** Chicken Nuggets Mashed Potatoes Corn	**5** Sweet & Sour Meatballs Pasta & Carrots	**6** Beef Lasagna Dinner Roll Broccoli
9 BBQ Pulled Pork Baked Beans Peach Cobbler	**10** Chicken Cordon Bleu Potato Wedges Mixed Veggies	**11** CLOSED VETERANS DAY November 11	**12** Chicken Enchiladas Rice Refried Beans	**13** Spaghetti & Meatballs Mixed Veggies Cherry Crisp
16 Salisbury Steak w/ Gravy Rice Pilaf Green Beans	**17** Swedish Meatballs Over Pasta Corn & Roll	**18** Swedish Meatballs Pasta / Corn Roll	**19** Asian Chicken Salad Dinner Roll Dressing	**20** Cheese Omelet Pork Sausage Hash Brown
23 Meatloaf w/Gravy Mac & Cheese Mixed Veggies	**24** Ham Steak w/ Pineapple Yams Mixed Veggies	**25** Friendsgiving Meal Turkey Mashed Potatoes Stuffing & Extras	**26** CLOSED THANKSGIVING DAY	**27** CLOSED 
30 Seasoned Chicken w/ Gravy Mashed Potatoes Mixed Veggies				

1% milk and fruit are included with each meal. A donation of $3.00 is requested for each meal.

Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare.

UnitedHealthcare Golden Rule Insurance Co.

WESTERN ARIZONA REGIONAL MEDICAL CENTER

WACOG Western Arizona Council of Governments

Menu is subject to change. Senior Nutrition Center is located at 2275 Trane Rd, Bullhead City.
Congregate lunch is served Monday through Friday 11:30 am - 12:30 am to those 60+ or with a disability. Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.