

# NOVEMBER | 2022



## PRC Dinner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Roasted chicken Creamy rice Asst veggies Fruit	2 Pot roast Dinner roll Asst veggies Fruit	3 Meatloaf Mashed potatoes Asst veggies Fruit	4 Lasagna roll up Garlic knots Asst veggies Fruit	5 Roasted chicken Creamy rice Asst veggies Fruit
6 Popcorn shrimp Brown rice Asst veggies Fruit	7 Teriyaki chicken Fried brown rice Assorted veggies Fruit	8 Roasted pork loin Rice pilaf Asst veggies Fruit	9 Salisbury steak Scalloped potatoes Asst veggies Fruit	10 Beef stroganoff Buttered eggs noodles Asst veggies Fruit	11 BBQ Pulled pork Baked beans Asst veggies Fruit	12 Penne pasta with Italian sausage Garlic bread Asst veggies Fruit
13 Fish sticks Buttered noodles Asst veggies Fruit	14 Turkey chili Cornbread Asst veggies Fruit	15 Roasted chicken Creamy rice Asst veggies Fruit	16 Pot roast Dinner roll Asst veggies Fruit	17 Meatloaf Mashed potatoes Asst veggies Fruit	18 Lasagna roll up Garlic knots Asst veggies Fruit	19 Roasted chicken Creamy rice Asst veggies Fruit
20 Popcorn shrimp Brown rice Asst veggies Fruit	21 Teriyaki chicken Fried brown rice Assorted veggies Fruit	22 Roasted pork loin Rice pilaf Asst veggies Fruit	23 Salisbury steak Scalloped potatoes Asst veggies Fruit	24 Beef stroganoff Buttered eggs noodles Asst veggies Fruit	25 BBQ Pulled pork Baked beans Asst veggies Fruit	26 Break
27 Fish sticks Buttered noodles Asst veggies Fruit	28 Turkey chili Cornbread Asst veggies Fruit	29 Roasted chicken Creamy rice Asst veggies Fruit	30 Pot roast Dinner roll Asst veggies Fruit	1	2	3