

Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday thru Friday. And Tuesday in Longview @ 12:00

MONTH of November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beef hot dog with chili, coleslaw, Fruit	2 Cheesy Broccoli Soup, Bread, Fruit, Desert	3 Big Breakfast @ 10am	4 Turkey Soup DIABETES AWARENESS LUNCH, BINGO	5 General Council Meeting
6	7 Turkey Sandwich, Chips, Fruit	8 Scalloped Potatoes with Ham, Peas, Fruit	9 Combo Pizza, Green Salad, Fruit	10 Macaroni and Cheese, Green Beans, Fruit, Desert	11 Veteran's Day!!!! Thank You Veterans☺☺	12
13	14 French Dip, Baked Fries, Salad, Fruit	15 Chef Salad, Fruit	16 Spaghetti, Bread, Salad, Fruit	17 Calzone, Green Salad, Fruit	18 HARVEST DINNER 12:00 IN THE GYM @ ST. MARY'S	19
20	21 Navy Bean soup, with carrot's, Bread, Fruit	22 Parmesan crusted chicken, Cauliflower Casserole, Fruit	23 Breakfast @ 10:00	24 Happy Thanksgiving!! No Lunch Served BE THANKFUL	25 NO LUNCH SERVED!!	26
27	28 Turkey Soup with Dumplings, Salad, Fruit	29 Meatloaf, Potatoes & Gravy, Green beans, Fruit	30 Baked Ham, Two cheese squash casserole, Fruit	 <small>shutterstock · 113132833</small>		

Milk and Juice, offered with all meals
 Please contact Deb 360.864.7006
 Or Leticia 360.864.7003
 With, any questions or concerns
 Menu subject to change

November 4th Diabetes Awareness St. Mary's (BINGO)

November 18th Harvest Dinner!!

December 3rd Holiday Potlatch Bazaar 9-5 @ St. Mary's, sponsored by Cowlitz Tribe Elders

Please join us for lunch!!!