

## Cowlitz Senior Nutrition and Activities

**Meals are served in Toledo Monday thru Friday and on Tuesday in Longview @ Noon**

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Shrimp Salad, Fruit	2 Beef Barley, Salad, Fruit	3 General Council Meeting
4	5 Grilled Cheese Sandwich, Tomato Soup Fruit	6 Cheesy Broccoli soup, Fruit	7 Combo Pizza, Caesar Salad, Fruit	8 Tuna Casserole with Peas, Fruit	9 Roast Beef, Roasted potatoes, Fruit	10
11	12 Happy Veterans Day!! <b>HOLIDAY</b>	13 French Dip, Green Salad, Fruit	14 BBQ Beef on bun, Coleslaw, fruit	15 Breakfast @ 10am	16 <b>HARVEST DINNER!!!</b>	17
18	19 Navy Bean Soup, Bread, Fruit	20 Indian Taco, Fruit	21 Turkey Soup with Dumplings, Salad, Fruit	22 Happy Thanksgiving!! <b>No Lunch Served</b>	23 <b>Closed</b>	24
25	26 Chicken Caesar Wrap, Chips, Fruit	27 Pork Chow Mein with Brown Rice, Vegie, Fruit	28 Chicken Fried Steak, Fried potatoes, Eggs, Fruit	29 Pea Soup, Bread, Fruit, Dessert	30 Philly sandwich, Fries, Fruit <b>BINGO</b>	31

Milk and Juice, offered with all meals

Please contact Deb 360.864.7006

Or 360.864.7003

With, any questions or concerns

Menu subject to change

**HARVEST LUNCHEON NOVEMBER 16<sup>TH</sup> @ NOON!!!!!!!**

**Please join us for lunch!!!**