





Highland Valley Elder Services Community Dining Menu - November 2020
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Grilled Cheese** (665) Creamy Cucumber Salad (34) Lo Mein Noodle Salad (28) Whole Wheat Bread (140) Mixed Fruit (7)</p> <p>Cal: 863 Sodium: 1000 Carb:101</p>	<p>3</p> <p>Chicken Marsala** (648) Oriental Blend (27) Rice Pilaf (15) Pumpernickel Bread (125) #Fruit Crunch Bar (80)</p> <p>Cal: 950 Sodium: 1084 Carb:124</p>	<p>4</p> <p>Fish Sandwich (270) Steamed Green Beans (4) Clam Chowder (186) Hamburger Roll (160) Fresh Fruit (0)</p> <p>Cal: 740 Sodium: 746 Carb:103</p>	<p>5</p> <p>🌿 Stuffed Shells w/ Marinara Sauce** (501) Tossed Salad (10) #Cranberry Orange Muffin (102) #Warm Peach Crisp (6)</p> <p>Cal: 613 Sodium: 745 Carb:82</p>	<p>6</p> <p>Yankee Pot Roast w/ Gravy (33) Butternut Squash (5) Whipped Potatoes (58) Whole Wheat Bread (140) 🍊 Chilled Pears (5)</p> <p>Cal:631 Sodium: 463 Carb:80</p>
<p>9</p> <p>Chef's Salad w/ Turkey, Egg, & Cheese (436) Tomato, Lettuce, & Cucumber (7) Vinaigrette Vegetable Rice Salad (0) #Blueberry Muffin (160) Fresh Fruit (0)</p> <p>Cal: 640 Sodium: 727 Carb: 67</p>	<p>10</p> <p>Mini Ravioli w/ Meat Sauce (429) Italian Blend (65) Whole Wheat Roll (160) Patriotic Jello w/ Topping (50)</p> <p>Cal: 535 Sodium: 828 Carb:73</p>	<p>11 NO MEALS</p> <p align="center">  </p>	<p>12 HIGH SODIUM DAY</p> <p>BBQ Chicken** (538) 🍲 Vegetable Soup (390) Oven Roasted Potatoes (38) Whole Wheat Bread (140) #Chocolate Pudding w/ Topping (170)</p> <p>Cal: 800 Sodium: 1400 Carb:105</p>	<p>13</p> <p>Oriental Beef ** (512) Oriental Blend (27) Rice Pilaf (15) Rye Bread (150) Applesauce (24)</p> <p>Cal: 638 Sodium:853 Carb:89</p>
<p>16</p> <p>Ham Salad** (605) Lettuce, Tomato, & Cucumber (7) Creamy Potato Salad (135) Whole Wheat Bread (140) Strawberry Fruit Cup (90)</p> <p>Cal: 659 Sodium: 1011 Carb: 74</p>	<p>17</p> <p>🌿Oven Baked Vegetable Lasagna w/ Primavera Sauce** (542) Steamed Spinach (150) Orange Juice (0) French Bread (256) Chilled Pears (6)</p> <p>Cal: 647 Sodium: 1080 Carb:100</p>	<p>18</p> <p>Potato Pollock Filet w/ Tartar Sauce (423) Steamed Broccoli (11) Oven Browned Potatoes (38) Whole Wheat Roll (160) Mixed Fruit (7) 🥦</p> <p>Cal: 798 Sodium: 764 Carb:100</p>	<p>19</p> <p>Homemade Meatloaf w/ Gravy (179) Steamed Peas (124) Whipped Potatoes (58) Whole Wheat Bread (140) #Birthday Cake (350)</p> <p>Cal: 896 Sodium: 1027 Carb:103</p>	<p>20</p> <p>Roast Pork w/ Gravy (60) Steamed Carrots (67) Scalloped Potatoes (90) #Cherry Muffin (78) Fresh Fruit (0)</p> <p>Cal: 749 Sodium: 420 Carb:103</p>
<p>23</p> <p>Pollock Crunch Sticks w/ Tartar Sauce (423) Steamed Green Beans (0) Brown Rice (26) 🍌 Whole Wheat Bread (140) Chilled Peaches (8)</p> <p>Cal: 743 Sodium: 723 Carb:91</p>	<p>24</p> <p>Chicken Sandwich** (620) Vegetable Beef Soup (121) Red Bliss Potatoes (6) Hamburger Bun (160) 🍗 Fresh Fruit (0)</p> <p>Cal: 705 Sodium: 1033 Carb:101</p>	<p>25 HIGH SODIUM DAY</p> <p>Roast Turkey & Stuffing w/ Gravy & Cranberry Sauce** (511) Butternut Squash (5) Whipped Potatoes (58) Whole Wheat Roll (160) #Pumpkin Pie & Topping (385)</p> <p>Cal: 939 Sodium: 1573 Carb:143</p>	<p>26 NO MEALS</p> <p align="center">  </p>	<p>27</p> <p>Meatball Grinders w/ Marinara Sauce**(599) California Blend (24) Corn Chowder (70) Grinder Roll (218) Mixed Fruit (9)</p> <p>Cal: 747 Sodium: 1045 Carb:110</p>
<p>30</p> <p>Chicken Salad (467) Lettuce, Tomato, & Cucumber (7) Vinaigrette Potato Salad (96) Whole Wheat Roll (160) #Fig Bar (105)</p> <p>Cal: 783 Sodium: 961 Carb:76</p>			<p>Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500mg) ☺ Local Produce 🌿 Vegetarian</p>	 Highland Valley ELDER SERVICES