



# MENU

## november 2016

Park Hills Senior Center | 224 West Main Street, Park Hills, MO 63601 | 573-431-4974

sun	monday	tuesday	wednesday	thursday	friday	sat
30	31 Hot Turkey Bake, Green Beans, Carrots Lyonnaise, WG Roll, Peach Pie OR Crisp	1 Terrific Tater OR Sloppy Joe, Baked Potato, Italian Blend Veggies, Tater Toppings, Banana Cake OR Fruit	2 BBQ Chicken, German Potato Salad, Warm Asian Slaw, WG Roll, Mandarin Orange Cake OR Fruit	3 Chili, Grilled Cheese, Corn, WG Crackers, Cinnamon Roll OR Fruit	4 Chicken Fried Chicken OR Chicken & Rice, Salad, Mashed Potatoes & Gravy, Peas, Coconut Cream Pie OR Fruit	5
6	7 Country Steak w/Mushrooms & Onions, Mashed Potatoes, Green Beans, WG Roll, Dump Cake OR Cinnamon Roll	8 Chicken Tenders OR Liver & Onions, Fried Potatoes & Onions, Peas & Carrots, WG Roll, Pumpkin Whoopie Pie OR Fruit Salad	9 Beef Stew, Side Salad, Spinach, Biscuit, Cottage Cheese & Pear Half	10 <b>**Veteran's Eat FREE**</b> Sweet & Sour Pork Loin w/Rice, Asian Blend Veggies, Crabmeat Rangoon, Egg Roll, Pineapple Coconut Cake OR Bakes Pineapple	11 <b>*Closed For Veterans Day*</b>  <b>Thank You Vets!!</b>	12
13	14 Roasted Cranberry Chicken Over Rice, California Blend Veggies, WG Roll, Lemon Cake OR Mixed Fruit	15 Beef Taco Salad, Beef, Cheese,, Corn Chips, Shredded Lettuce, Tomatoes, Beans & Rice, Apple Dumpling OR Citrus Salad	16 Ham & Beans, Spinach, Zucchini & Tomatoes, Corn Muffin, Peanut Butter WOW OR Peaches	17 Open Face Roast Beef, Mashed Potatoes & Bread, Broccoli, Pumpkin Carmel Cake OR Apple Rings	18 Fried Catfish OR Baked Fish, Corn Nuggets OR Rice, Slaw, Baked Beans, Cobbler OR Mandarin Oranges	19
20	21 Cheeseburger, Red Cabbage Slaw, Potatoes & Onions, WG Bun, Ice Cream OR Baked Pineapple	22 <b>**Thanksgiving Dinner**</b> Turkey & Dressing, Sweet Potatoes, Corn Casserole, Cranberry Sauce, Hot Roll, Pumpkin Pie Cake OR Fruit	23 <b>*Breakfast Served From 9:00 a.m. -10:00 a.m.*</b> Biscuits & Gravy, Eggs, Sausage & Bacon, Hashbrowns, Scones OR Fruit	24 <b>*Closed For Thanksgiving*</b>	25 <b>*Closed For Thanksgiving*</b>  <b>Black Friday BINGO - VFW Post</b>	26
27	28 Chef Salad (Ham, Eggs, & Cheese), Grilled Ruben, Pea Salad, WG Crackers, Cheesecake OR Fruit	29 Pork Roast, Sweet Potato Bake, Green Beans, WG Roll, Peach Pie OR Spiced Peaches	30 Fish Sandwich, Western Beans, Broccoli, Bun, Emerald Isle Salad	1 Meatloaf, Au Gratin Potatoes, Buttered Carrots, WG Roll, Banana Pudding OR Fruit	2 Chicken & Dumplings, Mashed Potatoes, Mixed Vegetables, Spinach, Carrot Cake OR Fruit	3

**November 11 - Closed for Veterans Day & Black Friday BINGO**

**November 22 - Thanksgiving Dinner**

**November 24 & 25 - Closed for Thanksgiving Holiday**

### Meal Prices

The customary suggested donation is \$3.00 per plate for Seniors 60 years and over. \$5.00 per plate for anyone under 60.



### Hours of Service

Delivery: 10:00 a.m.—11:30 a.m.  
Dine-In Service: 11:30 a.m.—12:30 p.m.  
Friday Bingo: 11:00 a.m. to 11:30 a.m.

All contributions are confidential and very much appreciated. | Menu is subject to change. | Interested in delivering? Call 573-431-4974.