

**November 2017**  
**Golden Circle Nutrition**  
**Menu**



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <p>6 Hamburger w/ Lettuce, Tomato &amp; Onion<br/>           Carrots<br/>           Colestlaw<br/>           Spiced Peaches<br/>           Milk</p>  | <p>7 BBQ Chicken<br/>           Cream of Mushroom Soup<br/>           Potato Salad<br/>           3 Bean Salad<br/>           Apple<br/>           Milk</p>  | <p>8 BLT Sandwich<br/>           Black Bean Lentil Soup<br/>           Italian Vegetable Salad<br/>           Coconut Crunch Fruit Salad<br/>           Milk</p>   | <p>9 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa<br/>           Tortillas<br/>           Spanish Rice<br/>           SW Black Beans<br/>           Strawberries<br/>           Milk</p>       | <p>10 <b>Veterans Day-Closed</b></p>  |
| <p>13 Glazed Ham<br/>           Roasted Sweet Potato<br/>           Italian Vegetables<br/>           High Fiber Cookie<br/>           Milk</p>  | <p>14 Chicken Salad Croissant<br/>           Tomato Basil Bisque<br/>           Potato Chips<br/>           Broccoli Peanut Salad<br/>           Apple<br/>           Milk</p>                               | <p>15 Crab Cake<br/>           Broccoli Cheddar Rice<br/>           Green Beans Almandine<br/>           Oatmeal Raisin Cookie<br/>           Orange<br/>           Milk</p>   | <p>16 Roast Turkey w/ Gravy<br/>           Mashed Potatoes<br/>           California Blend Vegetables<br/>           Cranberry Sauce<br/>           Banana<br/>           Pumpkin Pie<br/>           Milk</p> | <p>17 Ziti w/ Sausage &amp; Marinara<br/>           Italian Vegetable Blend<br/>           Caesar Salad<br/>           Banana<br/>           Milk</p> |
| <p>20 Beef Chili w/ Cheese<br/>           Baked Potato w/ Sour Cream<br/>           Tossed Salad w/ Dressing<br/>           Grape cup<br/>           Milk</p>  | <p>21 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream &amp; Salsa<br/>           Black Beans<br/>           Applesauce<br/>           Yogurt<br/>           Milk</p>                                       | <p>22 Pork Ribslets<br/>           Baked Beans<br/>           California Blend Vegetables<br/>           Potato Salad<br/>           Apple<br/>           Milk</p>   | <p>23 <b>Thanksgiving-Closed</b></p>  | <p>24 <b>Thanksgiving Holiday-Closed</b></p>  |
| <p>27 Salmon w/ Lemon &amp; Dill<br/>           Butternut Squash Soup<br/>           Broccoli<br/>           Mushroom Risotto<br/>           Apple<br/>           Peanut Butter Cookie<br/>           Milk</p> | <p>28 Honey Roasted Curry Chicken<br/>           Brown Rice<br/>           French Cut Green Beans<br/>           Carrot Raisin Salad<br/>           Orange<br/>           Spice Cake<br/>           Milk</p> | <p>29 Beef Bourguignon<br/>           Mashed Potatoes<br/>           Squash Medley<br/>           Sunflower Broccoli Salad<br/>           Apple Fruit Cup<br/>           Oatmeal Raisin Cookie<br/>           Milk</p> | <p>30 Pork Loin w/ Mushroom Sauce<br/>           Baby Baker Potatoes<br/>           Brussel Sprouts<br/>           Pineapple<br/>           High Fiber Cookie<br/>           Milk</p>                         | <p>MEALS ARE PARTIALLY<br/>           FUNDED BY<br/>           THE PIKES PEAK AREA<br/>           AGENCY ON AGING</p>                                 |

**MAKE A RESERVATION BY CALLING 884-2304 BY 2:00 P.M. THE DAY BEFORE YOU WANT A MEAL. PLEASE MAKE SURE YOU STATE THE SITE LOCATION WHERE YOU WOULD LIKE TO DINE AND THE NUMBER OF MEALS YOU WOULD LIKE TO RESERVE.**

Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergency that may cause a temporary suspension of service.