

# November 2018 Sandpoint Area Seniors, Inc. *Menu*

820 Main Street, Sandpoint, Idaho 83864 208.263.6860

Lunch is at 11:30am, Monday-Thurs.

Breakfast is at 8:30am, Fridays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals provided by Sandpoint Area Seniors, Inc. meet one-third of the Recommended Daily Allowance, as defined by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences.			1. <b>BBQ Chicken</b> <b>French Fries</b> <b>Baked Beans</b> <b>Salad</b> <b>Dessert</b>	2. <b>Bacon &amp; Eggs</b> <b>Hash Browns</b> <b>Toast</b> <b>Fruit &amp; Juice</b>
5. <b>Beef Tips</b> <b>Parsley Butter Noodles</b> <b>Winter Vegetable</b> <b>Salad Bar</b> <b>Dessert</b>	6. <b>Baked Salmon</b> <b>Steamed New Potatoes</b> <b>Broccoli</b> <b>Salad Bar</b> <b>Dessert</b>	7. <b>Cabbage Rolls</b> <b>Rice</b> <b>Carrots</b> <b>Salad Bar</b> <b>Dessert</b>	8. <b>Tex Mex Taco Bake</b> <b>Mexican Corn</b> <b>Salad</b> <b>Dessert</b>	9. <b>Pancakes</b> <b>Fried Eggs</b> <b>Toast</b> <b>Fruit &amp; Juice</b>
12. <b>Oven Fried Chicken</b> <b>Garlic Mash/Gravy</b> <b>Brussels Sprouts</b> <b>Salad Bar</b> <b>Dessert</b>	13. <b>Broccoli Cheese Soup</b> <b>Grilled Ham &amp; Cheese</b> <b>Salad Bar</b> <b>Dessert</b>	14. <b>Baked Pork Chops</b> <b>Couscous</b> <b>Broccoli Normandy</b> <b>Salad Bar</b> <b>Dessert</b>	15. <b>Turkey &amp; Dressing</b> <b>Stuffing</b> <b>Green Bean Casserole</b> <b>Salad</b> <i>Thanksgiving</i> <b>Pumpkin Pie</b> <i>Dinner</i>	16. <b>Ham &amp; Cheese Omelette</b> <b>Hash Browns</b> <b>Toast</b> <b>Fruit &amp; Juice</b>
19. <b>Ham &amp; Scallop Potatoes</b> <b>Peas &amp; Carrots</b> <b>Salad Bar</b> <b>Dessert</b>	20. <b>Swiss Steak</b> <b>Mash/Gravy</b> <b>Winter Squash</b> <b>Salad Bar</b> <b>Dessert</b>	21. <b>Oven Baked Cod</b> <b>Rice Pilaf</b> <b>Asparagus</b> <b>Salad Bar</b> <b>Dessert</b>	22. <i>HAPPY THANKSGIVING!</i> <i>SASi CLOSED</i>	23. <i>SASi CLOSED --</i> <i>THANKSGIVING</i> <i>HOLIDAY</i>
26. <b>Turkey Noodle Soup</b> <b>Grilled Cheese</b> <b>Salad Bar</b> <b>Dessert</b>	27. <b>Baked Fish</b> <b>Tater Tots</b> <b>Cole Slaw</b> <b>Salad Bar</b> <b>Dessert</b>	28. <b>Spaghetti/Garlic Toast</b> <b>Steamed Zucchini</b> <b>Salad Bar</b> <b>Dessert</b>	29. <b>Meatloaf</b> <b>Mash/Gravy</b> <b>Steamed Carrots</b> <b>Salad</b> <b>Dessert</b>	30. <b>Biscuits &amp; Gravy</b> <b>Hash Browns</b> <b>Sausage Links</b> <b>Fruit &amp; Juice</b>

Thank You for joining our Meal Program! Our suggested donation for persons 60 and over is \$4.00 (or whatever you can afford). Guests under age 60 are charged \$8.00 each. Remember, whenever possible, one-day advance meal reservation is appreciated. Please call 208-263-6860, 8am-3pm to make a reservation. Milk, Coffee, Tea and Bread are served daily with each meal.