



PKCC CAFÉ NOVEMBER 2016



Mon	Tue	Wed	Thu	Fri
Meal is served at 12pm. Check-in is first come, first served starting at 11am. \$3 suggested donation for ages 60+, all others \$6.	1 Roast Turkey Mashed Potatoes and Gravy Green Beans Wheat Roll Cranberry Sauce Pumpkin Pie	2 Spanish Pork Chop Rice Caesar Salad Roll Tangerine	3 	4 Chicken Parmesan Angel Hair Pasta Italian Green Beans Breadstick Lemon Bar & Juice
7 Beef Tostada Homemade Refried Beans Mandarin Oranges Lemon Pudding	8 Crab Cakes Red Potatoes Mixed Vegetables Mixed Fruit Cookie 	9 Cheese Quesadilla Chicken Soup Green Salad Mandarin Orange	10	11 Chicken Teriyaki Rice Asian Vegetables Pears Fortune Cookie
14 Cream of Mushroom Soup Chicken Salad Sandwich Mandarin Oranges Apple Crisp	15 Meatloaf Mashed Potatoes Sliced Carrots Wheat Roll Pears Apple Juice	16 Cilantro Lime Fish Rice & Corn Baked Zucchini & Tomato Pineapple & Coconut Ice Cream Fig Newtons	17 TURKEY TREATS Register at the front desk by 11/10! 	18 Oven Fried Chicken Mashed Potatoes & Gravy Broccoli & Cauliflower  Wheat Roll Peaches
21 Beef Tips Brown Rice Spinach Corn Bread Apricots 	22 Spaghetti w/Broccoli & Chicken Pea Salad Breadstick Berries & Whip Topping	23 Chipotle Meatballs Rice Broccoli Peaches		
28 Lemon Pepper Fish Romano Cheese Potatoes Spinach Tropical Fruit Pineapple-Orange Juice	29 Chicken Gumbo Salad Roll Peaches	30 Salsa Fish Brown Rice Vegetables Corn Tortilla Pears & Oatmeal Cookies		

Nutrition analysis includes 2% milk. Butter, Salad Dressing & Condiments are optional and increases the fat content of the meal.

This Menu is subject to change

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.