





November 2019		Dardanelle Senior Center			Congregate Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
We have chef salads daily with your choice of one meat-chicken, ham, turkey. Call before 11.				1 BBQ Pork on a Bun Baked Beans Creamy Coleslaw Coke or Root Beer Floats	
4 Scrambled Eggs Bacon or Sausage Hash Browns Biscuit & Gravy Assorted Juices	5 Homemade Meatloaf Garlic Mashed Potatoes 5 Way Vegetables White Roll Apple Pie	6 Sweet N Sour Chicken Over Jasmine Rice Stir Fry Vegetables Egg Roll Fruited Jell-O	7 Beef Tips with Gravy over Egg Noodles Side Salad Wheat Roll Yellow Cake with Chocolate Frosting	8 Cheeseburger on a Bun Lettuce, Tomato Pickle, Onion Ruffles Chips with Dip Pasta Salad Butterscotch Pudding Tarts	
11 Oven Fried Chicken Scallop Potatoes Roasted Carrots Wheat Roll Applesauce	12 Brown Sugar Baked Ham Loaded Sweet Potato Charles Black Eyed Peas Buttery Cornbread Chocolate Cake	13 Homemade Pizza Side Salad Breadsticks Spiced Pineapples	14 Chicken Spaghetti Italian Green Beans Wheat Roll Bread Pudding	15 Thanksgiving Dinner Menu is in the Newsletter	
18 Hamburger Steak Mashed Potato Brown Gravy Peas & Carrots Wheat Roll Golden Fruit Cup	19 Smothered Chicken over White Rice Broccoli Wheat Roll Truffles	20 Homemade Meatloaf Mashed Potatoes White Gravy Lima Beans Wheat Roll Peach Cobbler	21 White Beans with Ham Turnip Greens Fried Potato Buttery Cornbread Vanilla Ice Cream Cups with Chocolate or Caramel Topping	22 Breakfast at 8:30 Scrambled Eggs Bacon or Sausage Hash Brown Biscuit and Gravy Assorted Juices	
25 Spaghetti with Meat Sauce Green Beans Garlic Roll Strawberries over Angel Food Cake	26 Vegetable Beef Soup Grilled Cheese Crackers or Cornbread Cinnamon Roll	27 Taco Salad Refried Beans Tortilla Chips Cheese Dip Caramel Cheesecake	28 	29 