November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2 Quiche Lorraine Brussel Sprouts Mixed Vegetables Mandarin Orange Fluff	**November 3** Chicken Breast with Mushroom Gravy Sweet Potato Collard Greens Melon Blend	**November 4** American Goulash Broccoli Florets Dinner Roll in Tray Fresh Pear	**November 5** Egg Salad on Romaine Veggie Mac Cucumbers Oatmeal Raisin Cookie	**November 6** Chicken Patty Tater Tots Peas Diced Pears
November 9 Lean Beef with Peppers over wheat pasta Carrot Coins Cauliflower Chilled Pineapple	**November 10** Happy November Birthdays Lasagna Italian Blend Veggies Dinner Roll Birthday Cake	**November 11** ***Happy Veteran's Day*** **Program is Closed**	**November 12** Chicken and Gravy over Biscuits Corn Broccoli Apple	**November 13** Meatloaf with Gravy Potatoes Au Gratin Sugar Snap Peas SF Butterscotch Pudding
November 16 Asian Sweet and Sour Pork over brown rice Stir Fry Veggie Blend Dinner Roll in Tray Berries with Whip	**November 17** Potato Encrusted Fish Brown Rice French Style Green Beans Fresh Grapes	**November 18** Veal and Peppers over Pasta Rutabaga Italian Blend Fig Newtons	**November 19** Hot Dog with Meat Sauce Sweet Corn Cauliflower Fresh Banana	**November 20** Happy Thanksgiving Turkey with Stuffing Mashed Potatoes Butternut Squash Apple Pie Bar
November 23 Cheeseburger on a Bun Normandy Blend Warm Beets Chef's Choice Fresh Fruit	**November 24** Macaroni and Cheese Green Beans Roll in Tray Lorna Doone	**November 25** Beef Stew Mashed Potato Broccoli Fruit Salad	**November 26** 	**November 27** **Program Closed**
November 30 Sloppy Joe on a Bun Carrots Asparagus Pineapple and Cherries	Menu subject to change		**Our meals contain:** **3-4 oz of protein** **1 cup of dairy** **1 cup of vegetables** **1 cup of fruit** **2 oz of whole grains** **2 tsp of healthy fat**	*Allergen information available upon request*

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS – Call 518-746-2357

Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-499-2482

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