Meal Site Menu			November 2017		
Monday	Tuesday	Wednesday	Thursday	Friday	
Do you or loved ones have Medicare? Shiip can help if you questions. 1-855- 408-1212 or 410-1135	Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.	1 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	2 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange- Tangerine Juice, & Milk	3 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch, Cabbage & Carrots. Whole Wheat Bread, Banana, Margarine & Milk	
6 Sliced Ham, Low Fat Yogurt, Grits, Spiced Peaches, Orange-Tangerine Juice, Biscuit, Jelly, Margarine, & Milk	7 Chicken Noodle Soup, Grape Juice, Winter Blend Vegetables, Captain's Wafers, Mixed Berry Crisp, & Milk	8 Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fruit, Whole Wheat Bread, LD Fudge Round, & Milk	9 Swiss Style Beef Patty, Steamed Rice, Fruit Punch, Okra & Tomatoes, White Dinner Roll, Strawberry Crunch Bar, & Milk	CLOSED	
13 Sliced Roasted Turkey,	14 Pork Ribblett, BBQ Sauce,	15 Beef Macaroni	16 Rotisserie Style	17 Hamburger, American	

w/Tomato, Capri Blend

Bread, Apple Juice,

Margarine, & Milk

22 Peach-Orange BBQ

Chicken, Macaroni &

Cheese, Fruit Punch,

29 Baked Spaghetti

& Milk

Casserole, Green Peas,

Green Garden Salad, Texas

Toast, Escalloped Apples,

Carrots, White Dinner Roll,

LD Oatmeal Cookie, & Milk

Vegetables, Whole Wheat

Chicken, Seasoned Turnip

Greens, Smothered

23

Potatoes, Rye Bread,

Cranberry Cake, & Milk

CLOSED

THANKSGIVING

HOLIDAY

30 BBQ Pulled Pork, Baked

Hamburger Bun, Orange-

Tangerine Juice, & Milk

Beans, Cole Slaw,

Cheese, Chuckwagon Corn,

Lettuce & Tomato,

24

Hamburger Bun, Peach

Cobbler, Ketchup, & Milk

CLOSED

THANKSGIVING

HOLIDAY

Whipped Sweet Potatoes,

Beans w/Red Peppers,

& Milk

& Milk

Orange-Tangerine Juice, Lima

Hamburger Bun, Pickle Slices,

21 Roast Pork, Pork Gravy,

Seasoned Green Beans,

Orange-Tangerine Juice,

28 Hot Dog w/Chili, Ranch

Beans, Carrot Raisin Salad,

Hot Dog Bun, Peach Crisp,

Chantilly Potatoes,

Whole Wheat Roll,

Cheesecake Pudding, Margarine, & Milk

American Cheese, Potato

Whole Wheat Bread, Apple

Chowder, Broccoli Cuts,

20 Chicken Hearty Stew,

Escalloped Apples, Whole

Wheat Bread, Grape Juice,

27 Calypso Chicken, Italian

Squash, Carrots, Rye

Margarine & Milk

Bread, LD Star Crunch,

Crisp, & Milk

& Milk

Black-eyed Peas,

Foot Doolringham Mool Cita

9 Swiss Style Beef Patty,

Okra & Tomatoes, White

Chicken, Seasoned Turnip

Dinner Roll, Strawberry

Crunch Bar, & Milk

16 Rotisserie Style

Greens, Smothered

23

Potatoes, Rye Bread,

Cranberry Cake, & Milk

CLOSED

THANKSGIVING

HOLIDAY

30 BBQ Pulled Pork, Baked

Hamburger Bun, Orange-

Tangerine Juice, & Milk

Beans, Cole Slaw,

Steamed Rice, Fruit Punch,

Margarine & Milk

CLOSED

17 Hamburger, American

Hamburger Bun, Peach

Cobbler, Ketchup, & Milk

CLOSED

THANKSGIVING

HOLIDAY

Lettuce & Tomato.

Cheese, Chuckwagon Corn,

10

24

135 Safie 6 th Street, Rockingham, NC 28379 910-997-8225			November 2017		
Monday	Tuesday	Wednesday	Thursday	Friday	
Do you or loved ones have Medicare? Shiip can help if you questions. 1-855- 408-1212 or 410-1135	Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior	1 Baked Spaghetti Casserole, Green Peas, Green Garden Salad, Texas Toast, Escalloped Apples,	2 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange- Tangerine Juice, & Milk	3 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch, Cabbage & Carrots. Whole Wheat Bread, Banana,	

Poultry Gravy, Mashed

Potatoes, Mixed Vegetables,

Mixed Fruit, Whole Wheat

Bread, LD Fudge Round, &

w/Tomato, Capri Blend

Vegetables, Whole Wheat

15 Beef Macaroni

Bread, Apple Juice,

Margarine, & Milk

22 Peach-Orange BBQ

Chicken, Macaroni &

Cheese, Fruit Punch,

29 Baked Spaghetti

& Milk

Casserole, Green Peas,

Green Garden Salad, Texas

Toast, Escalloped Apples,

Carrots, White Dinner Roll,

LD Oatmeal Cookie, & Milk

Milk

408-1212 or 410-1135 Give them to the senior & Milk centers. 6 Sliced Ham, Low Fat 7 8 Sliced Roasted Turkey,

CLOSED

14 Pork Ribblett, BBQ Sauce,

Orange-Tangerine Juice, Lima

Hamburger Bun, Pickle Slices,

21 Roast Pork, Pork Gravy,

Seasoned Green Beans,

Orange-Tangerine Juice,

28 Hot Dog w/Chili, Ranch

Beans, Carrot Raisin Salad,

Hot Dog Bun, Peach Crisp,

Whipped Sweet Potatoes,

Beans w/Red Peppers,

Chantilly Potatoes,

Whole Wheat Roll,

Cheesecake Pudding, Margarine, & Milk

& Milk

& Milk

Yogurt, Grits, Spiced

Juice, Biscuit, Jelly,

Margarine, & Milk

13

Peaches, Orange-Tangerine

CLOSED

20 Chicken Hearty Stew,

Escalloped Apples, Whole

Wheat Bread, Grape Juice,

27 Calypso Chicken, Italian

Squash, Carrots, Rye

Margarine & Milk

Bread, LD Star Crunch,

Black-eyed Peas,

& Milk

Ellerbe Meal Site 306 Millstone Road, Ellerbe, NC 28338 910-652-6006

centers.

& Milk

28

CLOSED

Fruit Cake Trip

14 Pork Ribblett, BBQ Sauce,

Orange-Tangerine Juice, Lima

Hamburger Bun, Pickle Slices,

21 Roast Pork, Pork Gravy,

Seasoned Green Beans.

Orange-Tangerine Juice,

CLOSED

Pamper Day

Whipped Sweet Potatoes,

Beans w/Red Peppers,

Chantilly Potatoes,

Whole Wheat Roll,

Cheesecake Pudding, Margarine, & Milk

7

6 Sliced Ham, Low Fat

Peaches, Orange-Tangerine

CLOSED

20 Chicken Hearty Stew,

Escalloped Apples, Whole

Wheat Bread, Grape Juice,

27 Calypso Chicken, Italian

Squash, Carrots, Rye

Margarine & Milk

Bread, LD Star Crunch,

Black-eyed Peas,

& Milk

Yogurt, Grits, Spiced

Juice, Biscuit, Jelly,

Margarine, & Milk

13

November 2017

10

24

CLOSED

17 Hamburger, American

Hamburger Bun, Peach

Cobbler, Ketchup, & Milk

CLOSED

THANKSGIVING

HOLIDAY

Lettuce & Tomato.

Cheese, Chuckwagon Corn,

9 Swiss Style Beef Patty,

Okra & Tomatoes, White

Chicken, Seasoned Turnip

Dinner Roll, Strawberry

Crunch Bar, & Milk

16 Rotisserie Style

Greens, Smothered

23

Potatoes, Rye Bread,

Cranberry Cake, & Milk

CLOSED

THANKSGIVING

HOLIDAY

30 BBQ Pulled Pork, Baked

Hamburger Bun, Orange-

Tangerine Juice, & Milk

Beans, Cole Slaw,

Steamed Rice, Fruit Punch,

910-652-6006					
Monday	Tuesday	Wednesday	Thursday		Friday
Do you or loved ones have	Save your Pop Tabs to help	1 Baked Spaghetti	2 BBQ Pulled Pork, Baked	3	
Medicare? Shiip can help	raise money for the	Casserole, Green Peas ,	Beans, Cole Slaw,		
if you questions. 1-855-	Ronald McDonald House.	Green Garden Salad , Texas	Hamburger Bun, Orange-		CLOSED
408-1212 or 410-1135	Give them to the senior	Toast, Escalloped Apples,	Tangerine Juice, & Milk		010015

8 Sliced Roasted Turkey,

Potatoes, Mixed Vegetables,

Mixed Fruit, Whole Wheat

Bread, LD Fudge Round, &

w/Tomato, Capri Blend

Vegetables, Whole Wheat

15 Beef Macaroni

Bread, Apple Juice,

Margarine, & Milk

22 Peach-Orange BBQ Chicken, Macaroni &

Cheese, Fruit Punch,

29 Baked Spaghetti

& Milk

Casserole, Green Peas,

Green Garden Salad, Texas

Toast, Escalloped Apples,

Carrots, White Dinner Roll,

LD Oatmeal Cookie, & Milk

Poultry Gravy, Mashed

& Milk

Milk

Hamlet Meal Site 102 Veterans Drive, Hamlet, NC 28345 910-582-7985

14 Pork Ribblett, BBQ Sauce,

Orange-Tangerine Juice, Lima

Hamburger Bun, Pickle Slices,

21 Roast Pork, Pork Gravy,

Seasoned Green Beans,

Orange-Tangerine Juice,

28 Hot Dog w/Chili, Ranch

Beans, Carrot Raisin Salad,

Hot Dog Bun, Peach Crisp,

Whipped Sweet Potatoes,

Beans w/Red Peppers,

Chantilly Potatoes,

Whole Wheat Roll,

Cheesecake Pudding, Margarine, & Milk

& Milk

& Milk

Juice, Biscuit, Jelly,

Margarine, & Milk

CLOSED

20 Chicken Hearty Stew,

Escalloped Apples, Whole

Wheat Bread, Grape Juice,

27 Calypso Chicken, Italian

Squash, Carrots, Rye

Margarine & Milk

Bread, LD Star Crunch,

Black-eyed Peas,

& Milk

13

November 2017

17

24

CLOSED

CLOSED

THANKSGIVING

HOLIDAY

Dinner Roll, Strawberry

Chicken, Seasoned Turnip

Crunch Bar, & Milk

16 Rotisserie Style

Greens, Smothered

23

Potatoes, Rye Bread,

Cranberry Cake, & Milk

CLOSED

THANKSGIVING

HOLIDAY

30 BBQ Pulled Pork, Baked

Hamburger Bun, Orange-

Tangerine Juice, & Milk

Beans, Cole Slaw,

910-582-7985					
Monday	Tuesday	Wednesday	Thursday	Friday	
Do you or loved ones have Medicare? Shiip can help if you questions. 1-855- 408-1212 or 410-1135	Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.	1 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	2 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange- Tangerine Juice, & Milk	3 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch, Cabbage & Carrots. Whole Wheat Bread, Banana, Margarine & Milk	
6 Sliced Ham, Low Fat Yogurt, Grits, Spiced Peaches, Orange-Tangerine	7 CLOSED	8 CLOSED	9 Swiss Style Beef Patty, Steamed Rice, Fruit Punch, Okra & Tomatoes, White	CLOSED	

15 Beef Macaroni

Bread, Apple Juice,

Margarine, & Milk

22 Peach-Orange BBQ

Chicken, Macaroni &

Cheese, Fruit Punch,

29 Baked Spaghetti

& Milk

Casserole, Green Peas,

Green Garden Salad, Texas

Toast, Escalloped Apples,

Carrots, White Dinner Roll,

LD Oatmeal Cookie, & Milk

w/Tomato, Capri Blend

Vegetables, Whole Wheat