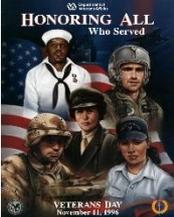


# Meal Site Menu

# November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1. Sausage w/Onions &amp; Peppers,</b> Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, &amp; Milk</p>	<p><b>2. Chili Pie,</b> Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</p>	<p><b>3. Turkey Breast w/Gravy,</b> Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit &amp; Grain Bar, &amp; Milk.</p>	<p><b>4. Beef Patty,</b> Baked Beans, Lettuce &amp; Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce, Milk, &amp; Ketchup</p>	<p><b>5. Parmesan Chicken,</b> Garlic &amp; Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, &amp; Ranch Salad Dressing.</p>
<p><b>8. Hamburger Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, &amp; Milk.</p>	<p><b>9. BBQ Pork Riblet,</b> Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, &amp; Milk</p>	<p><b>10. Beef Fiesta Mac &amp; Cheese,</b> Green Peas, Mexican Corn, Texas Bread, Rocky Road Pudding, &amp; Milk.</p>	<p><b>11.</b> </p>	<p><b>12. Slice Turkey Breast, Swiss Cheese,</b> Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, &amp; Milk.</p>
<p><b>15. Chicken Vegetable Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.</p>	<p><b>16. Beef Patty, Pepper &amp; Onion Gravy,</b> Whipped Potatoes, Green Peas, White Bread, Fresh Banana, &amp; Milk.</p>	<p><b>17. BBQ Chicken,</b> Macaroni &amp; Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, &amp; Milk.</p>	<p><b>18. Beef Cabbage Casserole,</b> Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, &amp; Ranch Salad Dressing.</p>	<p><b>19. Sliced Ham,</b> Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit &amp; Grain Bar, &amp; Milk</p>
<p><b>22. Beef Spanish Rice,</b> Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, &amp; Milk</p>	<p><b>23. Chicken Salad,</b> Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, &amp; Milk.</p>	<p><b>24. Pork Roast w/Gravy,</b> Whipped Potatoes, Green Beans, Orange Juice, Wheat Bread, Pumpkin Bar, &amp; Milk</p>	<p><b>25.</b> </p>	<p><b>26.</b> <b>CLOSED</b></p>
<p><b>29. Pineapple Chicken,</b> Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, &amp; Milk.</p>	<p><b>30. Chili Pie,</b> Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</p>		<p><b>Do you or loved ones have Medicare? SHIP can help if you questions.</b> <b>1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b></p>

# East Rockingham Meal Site

135 Safie 6<sup>th</sup> Street, Rockingham, NC 28379

910-997-8225

# November 2021

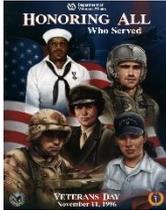
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1. Sausage w/Onions &amp; Peppers,</b> Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, & Milk	<b>2. Chili Pie,</b> Corn Chips, Glazed Carrots, Broccoli & Cauliflower, Wheat Bread, Birthday Cake, & Milk.	<b>3. Turkey Breast w/Gravy,</b> Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit & Grain Bar, & Milk.	<b>4. Beef Patty,</b> Baked Beans, Lettuce & Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce, Milk, & Ketchup	<b>5. Parmesan Chicken,</b> Garlic & Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, & Ranch Salad Dressing.
<b>8. Hamburger Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, & Milk.	<b>9. BBQ Pork Riblet,</b> Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, & Milk	<b>10. Beef Fiesta Mac &amp; Cheese,</b> Green Peas, Mexican Corn, Texas Bread, Rocky Road Pudding, & Milk.	<b>11.</b> 	<b>12. Slice Turkey Breast, Swiss Cheese,</b> Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, & Milk.
<b>15. Chicken Vegetable Stew,</b> Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.	<b>16. Beef Patty, Pepper &amp; Onion Gravy,</b> Whipped Potatoes, Green Peas, White Bread, Fresh Banana, & Milk.	<b>17. BBQ Chicken,</b> Macaroni & Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, & Milk.	<b>18. Beef Cabbage Casserole,</b> Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, & Ranch Salad Dressing.	<b>19. Sliced Ham,</b> Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit & Grain Bar, & Milk
<b>22. Beef Spanish Rice,</b> Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, & Milk	<b>23. Chicken Salad,</b> Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, & Milk.	<b>24. Pork Roast w/Gravy,</b> Whipped Potatoes, Green Beans, Orange Juice, Wheat Bread, Pumpkin Bar, & Milk	<b>25.</b> 	<b>26.</b> <b>CLOSED</b>
<b>29. Pineapple Chicken,</b> Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, & Milk.	<b>30. Chili Pie,</b> Corn Chips, Glazed Carrots, Broccoli & Cauliflower, Wheat Bread, Birthday Cake, & Milk.		<b>Do you or loved ones have Medicare? SHIP can help if you questions.</b> <b>1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b>

# Ellerbe Meal Site

306 Millstone Road, Ellerbe, NC 28338

910-652-6006

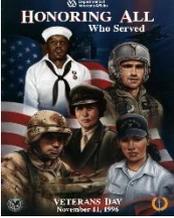
# November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1. Sausage w/Onions &amp; Peppers</b>, Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, &amp; Milk</p>	<p><b>2. Chili Pie</b>, Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</p>	<p><b>3. Turkey Breast w/Gravy</b>, Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit &amp; Grain Bar, &amp; Milk.</p>	<p><b>4. Beef Patty</b>, Baked Beans, Lettuce &amp; Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce, Milk, &amp; Ketchup</p>	<p><b>5. Parmesan Chicken</b>, Garlic &amp; Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, &amp; Ranch Salad Dressing.</p>
<p><b>8. Hamburger Stew</b>, Rice, Orange Juice, Wheat Bread, Apple Cobbler, &amp; Milk.</p>	<p><b>9. BBQ Pork Riblet</b>, Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, &amp; Milk</p>	<p><b>10. Beef Fiesta Mac &amp; Cheese</b>, Green Peas, Mexican Corn, Texas Bread, Rocky Road Pudding, &amp; Milk.</p>	<p><b>11.</b> </p>	<p><b>12. Slice Turkey Breast, Swiss Cheese</b>, Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, &amp; Milk.</p>
<p><b>15. Chicken Vegetable Stew</b>, Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.</p>	<p><b>16. Beef Patty, Pepper &amp; Onion Gravy</b>, Whipped Potatoes, Green Peas, White Bread, Fresh Banana, &amp; Milk.</p>	<p><b>17. BBQ Chicken</b>, Macaroni &amp; Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, &amp; Milk.</p>	<p><b>18. Beef Cabbage Casserole</b>, Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, &amp; Ranch Salad Dressing.</p>	<p><b>19. Sliced Ham</b>, Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit &amp; Grain Bar, &amp; Milk</p>
<p><b>22. Beef Spanish Rice</b>, Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, &amp; Milk</p>	<p><b>23. Chicken Salad</b>, Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, &amp; Milk.</p>	<p><b>24. Pork Roast w/Gravy</b>, Whipped Potatoes, Green Beans, Orange Juice, Wheat Bread, Pumpkin Bar, &amp; Milk</p>	<p><b>25.</b> </p>	<p><b>26.</b></p> <p style="text-align: center;"><b>CLOSED</b></p>
<p><b>29. Pineapple Chicken</b>, Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, &amp; Milk.</p>	<p><b>30. Chili Pie</b>, Corn Chips, Glazed Carrots, Broccoli &amp; Cauliflower, Wheat Bread, Birthday Cake, &amp; Milk.</p>		<p>Do you or loved ones have Medicare? SHIP can help if you questions. 1-855-408-1212 or 410-1135</p>	<p>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</p>

# Hamlet Meal Site

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

# November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1. Sausage w/Onions &amp; Peppers</b> , Pinto Beans, Collard Greens, Hot Dog Bun, Tropical Fruit, & Milk	<b>2. Chili Pie</b> , Corn Chips, Glazed Carrots, Broccoli & Cauliflower, Wheat Bread, Birthday Cake, & Milk.	<b>3. Turkey Breast w/Gravy</b> , Whipped Potatoes, Whole Kernel Corn, Diced Peaches, Dinner Roll, Fruit & Grain Bar, & Milk.	<b>4. Beef Patty</b> , Baked Beans, Lettuce & Tomato, Grape Juice, Hamburger Bun, Hot Cinnamon Applesauce, Milk, & Ketchup	<b>5. Parmesan Chicken</b> , Garlic & Red Pepper Penne, Green Beans w/Red Peppers, Tossed Salad, Dinner Roll, Fudge Crème Cookie, Milk, & Ranch Salad Dressing.
<b>8. Hamburger Stew</b> , Rice, Orange Juice, Wheat Bread, Apple Cobbler, & Milk.	<b>9. BBQ Pork Riblet</b> , Ranch Potatoes, Lima Beans, Hamburger Bun, Fresh Orange, Pickle Slices, & Milk	<b>10.</b> <b>CLOSED</b>	<b>11.</b> 	<b>12. Slice Turkey Breast, Swiss Cheese</b> , Pasta Salad, Broccoli Raisin Salad, White Bread (2), Carnival Cookie, & Milk.
<b>15. Chicken Vegetable Stew</b> , Rice, Orange Juice, Wheat Bread, Apple Cobbler, Milk.	<b>16. Beef Patty, Pepper &amp; Onion Gravy</b> , Whipped Potatoes, Green Peas, White Bread, Fresh Banana, & Milk.	<b>17. BBQ Chicken</b> , Macaroni & Cheese, Sliced Carrots, Wheat Roll, Mandarin Oranges, & Milk.	<b>18. Beef Cabbage Casserole</b> , Whole Kernel Corn, Tossed Salad, Dinner Roll, Hot Spiced Pears, Milk, & Ranch Salad Dressing.	<b>19. Sliced Ham</b> , Navy Beans, Collard Greens, Fresh Apple, Cornbread, Fruit & Grain Bar, & Milk
<b>22. Beef Spanish Rice</b> , Chuckwagon Corn, Green Peas, Dinner Roll, Pineapple Tidbits, & Milk	<b>23. Chicken Salad</b> , Broccoli Raisin Salad, Cucumber Salad, Wheat Bread (2), Chocolate Chip Cookie, & Milk.	<b>24. Pork Roast w/Gravy</b> , Whipped Potatoes, Green Beans, Orange Juice, Wheat Bread, Pumpkin Bar, & Milk	<b>25.</b> 	<b>26.</b> <b>CLOSED</b>
<b>29. Pineapple Chicken</b> , Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Apple Juice, Fudge Crème Cookie, & Milk.	<b>30. Chili Pie</b> , Corn Chips, Glazed Carrots, Broccoli & Cauliflower, Wheat Bread, Birthday Cake, & Milk.		<b>Do you or loved ones have Medicare? SHIIP can help if you questions.</b> <b>1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the Senior Centers.</b>