

# Senior Services of Northern Kentucky Chilled Menu - November 2013



	Monday	Tuesday	Wednesday	Thursday	Friday
BOX	<b>November is:</b>	<b>Dates to Remember:</b>	<b>Did you know?</b>		<b>Chicken Stew</b>
LUNC	Aviation History Month Child Safety Protection Month National Epilepsy Month	USMC Day .10th • celebrates the birth of the United States Marine Corps, which was created during the Revolutionary War.	On November 11 at 11:11, 1921, the US, The first Thanksgiving was celebrated in France & England each buried an unknown 1621. Potatoes were not part of that first soldier in honor of those who died in World War 1. The time & day was picked because fighting ceased in WWI in 1918 on Nov. 11 at 11:11. Work stops on this day and time each year for a moment of silence.		w/ Carrots/ Red Skin Potatoes/ Peas Green Beans Pineapple Dessert Wheat Dinner Roll / Margarine
M	National Model Railroad Month				
CYCLE	Native American Heritage Month Peanut Butter Lovers Month				
WEEK	National Sleep Comfort Month National Adoption Awareness Month	Veterans Day. 11th • originally Armistice Day, changed to Veterans Day in 1954 and honors all members of the Armed Forces who have, and still, serve our country.			
BOX	<b>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables, 1 serving of Fruit or Juice, 2 servings of Bread/Starch, and 8 oz. Milk</b>				<b>All Saint's Day / All Soul's Day</b>
LUNC	Pineapple Chicken Sweet Potato Patties (2 ea) Peas Dinner Roll / Margarine Cranberry Juice Sponge Cake	Chicken Tenders Rice Vegetable Medley (2 servings) Whole Wheat Bread / Margarine Fruit Cocktail	Chicken Potato Casserole Broccoli (2 servings) Whole Wheat Bread / Margarine Mixed Fruit Animal Cookies	Roast Turkey w/ Gravy Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Applesauce Angel Food Cake	Beef Taco Salad Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Peach Dessert Tortilla Chips Mild Taco Sauce
CYCLE					
WEEK					
5 BOX	<b>King Tut Day</b>	<b>Election Day Guy Fawkes Day/Gunpowder Day (1605)</b>	<b>Saxophone Day (invented 1840)</b>		<b>Cook Something Bold Day</b>
LUNC	Chicken & Noodles w/Gravy Green Beans Corn Whole Wheat Bread / Margarine Fresh Orange	Swiss Steak w/ Onions, Peppers, & Stewed Tomatoes O'Brien Potatoes Wheat Dinner Roll / Margarine Pears Animal Cookies	over Rice Corn Carrots Whole Wheat Bread / Margarine Pineapple Tidbits	Spaghetti & Meatballs w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Dinner Roll / Margarine Peaches	<b>Birthday Celebration Pork Cutlet w/ Gravy Diced Beets Green Beans Whole Wheat Bread / Margarine Pineapple Tidbits Happy B'day Cake</b>
CYCLE					
WEEK					
BOX	<b>Veterans Day</b>		<b>SADIE HAWKINS DAY</b>	<b>Operating Room Nurse Day (began in 1989)</b>	
LUNC	Grilled Chicken w/BBQ Sauce Potato Wedges Broccoli w/ Cheese Bun Applesauce	Salisbury Steak w/Gravy Parslied Potatoes Mixed Vegetables Whole Wheat Bread / Margarine Peaches	Deli Ham Baked Beans Broccoli Swiss American Cheese Bun Pineapple Tidbits	Fried Steak Italiano w/ Marinara Sauce Spaghetti Turnip Greens / Vinegar Vegetable Normandy Cranberry Juice Sponge Cake	Smoked Turkey Sausage w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 slices) Margarine Fruit Cocktail Mustard
CYCLE					
WEEK					
BOX				<b>Great American Smokeout Day (1977)</b>	<b>Go for a Ride Day</b>
LUNC	<b>Thanksgiving Celebration</b> Roast Turkey w/ Gravy H6fb Dressing Mashed Potatoes Sweet Potato Patty Green Beans Criinberry Juice P.umpkin Pie	Chili w/ Spaghetti Vegetable Medley (2 servings) Cheddar Cheese Saltine Crackers (2 pks) Peaches	Turkey Ham & Beans Mixed Vegetables (2 servings) Cornbread / Margarine Fruited Jello Goldfish Graham Crackers	<b>THANKSGIVING HOLIDAY-SSNK CLOSED - NO MEAL DELIVERY</b> Thanksgiving is a time to reflect on all that is good in this life, and to be grateful for our abundance. It is also a time to draw strength from each other and to help others who may be struggling in various ways. Let's treat others as we want to be treated. May your days be filled with so many blessings that you can't count them all. And thank you for allowing the Senior Services of Northern Kentucky Family to be part of your family!	
CYCLE				  	
WEEK					
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