

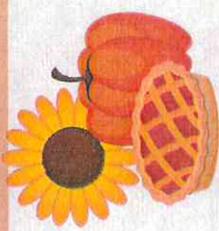
# Sunflower Adult Day Services Lunch Menu

## November 2024



Meals fall in the following ranges:  
 Calories: 650-750  
 Protein: 25 grams or higher  
 Fat: 20-30% of calories  
 Sodium: 100-1,000 mg or less  
 Fiber: 9 gm or higher

Milk, water & iced tea are available at all lunch meals. **If you won't eat the scheduled entree, please bring your own sandwich.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 4. French Onion Chicken Wild Rice Mixed Vegetables Tropical Fruit Wheat Bread with Butter	 5. Bacon Cheeseburger with Toppings Potato Salad Apple Sauce Bun	 6. Fried Chicken Mashed Potatoes & Gravy Buttered Sweet Corn Chocolate Pudding Snack Dinner Roll with Butter	 7. Paprika Pork Rice Pilaf California Blend Veggies Peaches & Pears Wheat Bread with Butter	1. Lemon Peppered Tilapia Wild Rice Key Largo Veggies Fruit Cocktail Wheat Bread with Butter
 11. Beef Chili Soup Mixed Veggies Pineapple Tidbits Cinnamon Roll	12. Breaded Cod Fish Sandwich Bahama Blend Veggies Sliced Peaches Bun	13. French Toast Bake Biscuits & Gravy Mandarin Oranges	 14. Chicken Parmesan over Pasta Winter Blend Veggies Garlic Bread	15. Dorito Taco Bake Peas & Carrots Pears Wheat Bread with Butter
18. Baked Lasagna Mixed Vegetables Mandarin Oranges Garlic Bread	 19. Ham & Beans Glazed Carrots Fruit Cocktail Cornbread	20. Meatloaf Mashed Potatoes & Gravy Loaded Green Beans Jell-O Cake Dinner Roll with Butter	 21. BBQ Riblet Sandwich Capri Blend Veggies Applesauce Bun	22. THANKSGIVING MEAL Roasted Turkey Cornbread Stuffing Gravy Green Bean Casserole Cherry Crisp Dinner Roll with Butter
25. Chicken & Noodles Mashed Potatoes Broccoli Pineapple Tidbits Wheat Bread with Butter	 26. BBQ Pulled Pork Baked Beans Mac & Cheese Pears Bun	27. Sunflower is Closed. Happy Thanksgiving	 Closed in observance of Thanksgiving	 Closed in observance of Thanksgiving