

## November 2017

Mon	Tue	Wed	Thu	Fri
<p>The numbers listed after each item are the total calories, fat, fiber, protein, carbohydrates, and sodium</p> <p><b>example</b> * Tomato Florentine (80, 0.5, 1, 3, 17, 780)</p>		<p><b>1</b> Meatloaf Sandwich \$4.50</p> <p>California Salad \$4.50</p> <p>Tomato Florentine \$2.00 (N-GF) (80,.5,1,3,17,780)</p>	<p><b>2</b> Baked Potato Bar \$4.00</p> <p>Turkey Club Pinwheels \$4.00</p> <p>Chili Con Carne \$2.00 (N-GF) (210,6,6,14,25,780)</p>	<p><b>3</b></p> <p style="text-align: center;">Special &amp; Soup De jour</p>
<p><b>6</b> Roast Beef &amp; Gouda Salad \$4.50</p> <p>Chicken BLT Croissant \$4.50</p> <p>Thai Chicken &amp; Rice, spicy \$2.00 (Y-GF) (240,18,1,7,13,990)</p>	<p><b>7</b> Italian Baked Penne Casserole \$4.50</p> <p>Turkey Club Salad \$4.50</p> <p>Jambalaya \$2.00 (N-GF) (240,12,2,13,21,1290)</p>	<p><b>8</b> Sassy BBQ Chicken Salad \$4.50</p> <p>Pot Stickers \$3.50</p> <p>White Bean w/Tuscan Chicken (N-GF) (90, 1.5, 3,5,13,140)</p>	<p><b>9</b> Teriyaki Pork Roast with rice &amp; green Beans \$4.50</p> <p>Antipasto \$4.00</p> <p>Chicken &amp; Dumplings \$2.00 (N-GF) (140,3.5,2,7,20,780)</p>	<p><b>10</b></p> <p style="text-align: center;">Special &amp; Soup De jour</p>
<p><b>13</b> Garlic Chicken Pesto Pizza \$4.00</p> <p>Turkey Guacamole Pinwheel \$4.00</p> <p>Chicken Tortilla \$2.00 (Y-GF) (130,4,3,6,18,880)</p>	<p><b>14</b> Salisbury steak, Mashed potato w/gravy &amp; Green beans \$4.50</p> <p>Chicken Salad Lettuce Wrap \$4.00</p> <p>Tomato Florentine \$2.00 (N-GF) (80,.5,1,3,17,780)</p>	<p><b>15</b> Generals Chicken over Rice \$4.50</p> <p>Quinoa &amp; Kale Salad \$4.00</p> <p>Loaded Baked Potato \$2.00 (N-GF) (170,9,1,6,16,780)</p>	<p><b>16</b> Swedish Meatballs over noodles with Capri Vegetable \$4.50</p> <p>Curried chicken Salad Naan \$4.00</p> <p>Beans with Ham \$2.00 (N-GF) (150, 2, 7, 9, 23,790)</p>	<p><b>17</b></p> <p style="text-align: center;">Special &amp; Soup De jour</p>
<p><b>20</b> Chicken Picatta, Rice Pilaf &amp; Italian Veggies \$4.50</p> <p>Veggie Sandwich \$4.00</p> <p>Garden Vegetable \$2.00 (N-GF) (70,1,2,1,13,780)</p>	<p><b>21</b> Steak Burrito \$4.50</p> <p>Turkey Croissant Sandwich \$4.50</p> <p>Chicken &amp; Dumplings \$2.00 (N-GF) (140,3.5,2,7,20,780)</p>	<p><b>22</b> Baked Ham &amp; pineapple, glazed yams and green beans \$4.50</p> <p>Cold Italian Sub Sandwich \$4.50</p> <p>Chili Con Carne \$2.00 (N-GF) (210,6,6,14,25,780)</p>	<p><b>24</b></p> <p style="text-align: center; color: red;">Happy Thanksgiving Bistro Closed</p>	<p><b>27</b></p> 
<p><b>27</b> Hot Turkey Ruben Sandwich \$4.50</p> <p>Mexican Chopped Chicken Salad \$4.50</p>	<p><b>28</b> Chicken Cordon Bleu with wild rice &amp; 5-way veggies \$4.50</p> <p>Twisted BLT Salad \$4.50</p>	<p><b>29</b> Hot Ham &amp; Cheese Sandwich \$4.00</p> <p>Waldorf Sandwich \$4.50</p> <p>Beans with Ham \$2.00</p>	<p><b>30</b> Roast Beef with gravy, Rice Florentine, 5-way mixed vegetables \$4.50</p> <p>Cheese &amp; Veggie Platter \$4.00</p> <p>Jambalaya \$2.00</p>	

Tomato Florentine \$2.00 (N-GF) (80,.5,1,3,17,780)	Thai Chicken & Rice, spicy \$2.00 (Y-GF) (240,18,1,7,13,990)	(Y-GF) (150, 2, 7, 9, 23,790)	(N-GF) (240,12,2,13,21,1290)	
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