DELCO HOT - NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	**2**	**3**
		H361	**H362**	**H363**
		WARM SLICED BEEF (3oz EP beef, 1oz au jus) ½ cup mashed potatoes ½ cup green beans almondine Club Roll ½ cup cinnamon applesauce	**ORANGE GLAZED CHICKEN** (3oz EP chicken, 1oz glaze) ½ cup sweet potato ½ cup Broccoli 2oz WW roll, pc marg Fresh Apple	**TOMATO, ONION & SWISS OMELET** (3oz omelet, 1oz diced tomato, onion, 0.5oz swiss) ½ cup o'brien potatoes ½ cup warm apples English Muffin, pc marg ½ c fruit cocktail
6	**7**	**8**	**9**	**10**
H364	**H365**	**H366**	**H367**	**H368**
GRILLED CHICKEN PARMESAN (3oz EP chicken, 1oz ps mozzarella, 2 oz tomato sauce) ½ cup spinach w carrots ½ cup rotini 2oz WW roll, pc marg Fresh Plum	**BEEF & PEPPER STIRFRY** (3oz EP beef, ¼ cup peppers, 1 oz sauce) ½ c white rice ½ c sesame broccoli 1 sl WW bread, pc margarine ½ cup mandarin oranges	**LEMON GARLIC CHICKEN** (3oz EP chicken breast**,** 2oz lemon garlic sauce) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T french dressing) ½ cup roasted potatoes with peppers 2 oz WW roll, pc marg ½ cup pineapples	**FIESTA OMELET** (3oz omelet, 0.5 oz cheddar cheese, 1oz black beans, ¼ tomato, peppers, onions) ½ cup home fries ½ c mixed vegetables (corn, green bean, peas, carrot) 1 oz WW bread, marg ½ cup berry applesauce	**SLICED TURKEY W CRANBERRY CHUTNEY** (3oz EP turkey, 2oz turkey gravy, 1 T cranchutney) ½ cup mashed potatoes ½ cup green beans 2oz WW roll, marg 1.5oz sweet muffin
13	**14**	**15**	**16**	**17**
H369	**H370**	**H371**	**H372**	**H373**
PENNE W MEATBALLS (2oz EP turkey meatballs, 1oz PS mozza, 2 oz tomato sauce) ½ cup broccoli & carrots ½ cup penne 1oz WW bread, pc marg ½ cup fruit cocktail	**BAKED FISH W LEMON & PARSLEY** (4oz EP tilapia) ½ c peas ½ c scalloped potatoes 2 oz WW roll, pc margarine ½ cup applesauce	**SWEET & SOUR PORK** (3oz EP Pork, 2oz peppers & carrots, 1oz pineapples, 1oz sauce) ½ cup green beans ½ cup Brown rice 2oz WW roll, marg Fresh Orange	**PHILLY CHEESE BURGER** (3oz EP ground beef, 0.5oz provolone cheese, 1oz peppers & onions) ½ c broccoli florets ½ c potato wedges 2oz WW hamburger roll pc ketchup sugar cookie	**GARLIC BUTTER RAVIOLI with SPINACH** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c ravioli noodle, 1oz garlic butter sauce, 2oz spinach) Tossed salad (1 cup romaine, tomato wedge, 2 cucumber slices, 1 T Italian dressing) ½ cup peaches
20	**21**	**22**	**23**	**24**
H354	***SPPCA-THANKS***	**H356**		**H358**
HONEY MUSTARD CHICKEN (3oz chicken breast, 1oz sauce) ½ cup Brussel sprouts ½ cup couscous 1 slice WW bread, pc marg Fresh Pear	***3OZ ROAST TURKEY W/ 1OZ CORNBREAD STUFFING & 2OZ GRAVY*** *1/2 C MASHED SWEET POTATOES* *1/2 C GREEN BEANS ALMONDINE* *2OZ CRANBERRY SAUCE* *2 oz WW roll, pc margarine* *1 SL APPLE PIE* *4 OZ GRAPE*	**LASAGNA ROLLUP** (1/2 cup PS ricotta cheese, 1 oz PS mozz, ¾ c lasagna noodle, 2oz tomato sauce) ½c garlic spinach w carrots Caesar Salad (1 cup romaine, 1 Tbsp Caesar dressing) ½ cup berry applesauce	CLOSED	**SOUTHWEST BAKED FISH with PEPPERS & CORN SAUTE** (4oz EP tilapia, ¼ cup corn & peppers) ½ c roasted potatoes ½ cup warmed spiced peaches 2oz WW roll, pc marg ½ cup pineapples
27	**28**	**29**	**30**	
H359	**H360**	**H361**	**H362**	
BBQ CHICKEN THIGH (3oz EP chicken, 1oz bbq sauce) ½ cup Brussel sprouts ½ cup sweet corn 1sl WW bread, pc marg 1.5 oz sweet muffin	**CRABCAKE & BROCCOLI MAC & CHEESE** (3oz EP sirimi, 1 oz cheddar, ½ c elbow pasta, 1oz broccoli) ½ c marinated tomato salad with onions ½ c diced carrots and peas ½ cup tropical fruit	**WARM SLICED BEEF** (3oz EP beef, 1oz au jus) ½ cup mashed potatoes ½ cup green beans almondine Club Roll ½ cup cinnamon applesauce	**ORANGE GLAZED CHICKEN** (3oz EP chicken, 1oz glaze) ½ cup sweet potato ½ cup Broccoli 2oz WW roll, pc marg Fresh Apple	