


NOVEMBER



Tuesday			Wednesday			Thursday			
			1	Pasta w/ meatballs & veggies Pasta con albóndigas y verduras	2	Chili over rice Guisado con arroz	3	4	
5	6	7	8	Beef stew over noodles Guisado de res con fideos	9	Chicken patties w/ rice & veggies Pollo empanizado con arroz y verduras	10	11	
12	13	14	15	Ground chicken w/ pasta, broccoli, garlic & oil Pollo molido con pasta broccoli, ajo y aceite	16	Chili over rice Guisado con arroz	17	18	
19	20	21	22	Turkey (prepared by Second Chance Foods), stuffing, mashed potatoes & veggies Pavo con relleno, puré de papas y verduras				24	25
26	27	28	29	Pasta w/ meat sauce & veggies Pasta con salsa de carne y verduras	30	Ground beef stir fry Salteado de carne molida de res			

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