NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 **Vegetable Yakisoba** **Teriyaki Chicken** **Roasted Carrots** Carrot Bisque	**2** **Quinoa & Black Beans** **Chicken Curry** **Roasted Potato** **Roasted Broccoli** Split Pea	**3** **Mac & Cheese** **Baked Chicken Katsu** **Mashed Potato** **Zucchini & Squash** Minestrone	**4** **Sweet & Sour Tofu** **Beef Guisantes** **Roasted Potato** **Sauteed Eggplant** Sweet Potato	**5** **Baked Penne** **Salisbury Steak** **Mashed Potato** **Cauliflower & Broccoli** Cream of Broccoli	**6** **Vegetable Curry** **Kalua Chicken** **Roasted Potato** **Sauteed Cabbage** Tomato Basil	**7** **Three Sisters Stew** **Shoyu Chicken** **Roasted Broccoli** Mushroom Barley
8 **Tofu Curry** **Meat Lasagna** **Roasted Vegetables** Zucchini Spinach	**9** **Tomato Artichoke Penne** **Meatloaf** **Mashed Potato** **Zucchini** Vegetable Orzo	**10** **Vegetable Lasagna** **Beef Tomato** **Roasted Potato** **Roasted Broccoli** Carrot Curry Ginger	**11** **Vegetable Stir Fry** **Pastele Stew** **Roasted Potato** **Cauliflower & Broccoli** Cream of Potato	**12** **Vegetable Enchilada** **Chicken Enchilada** **Refried Beans** **Zucchini** Valaision	**13** **Tofu Stir Fry** **Spaghetti w/Meat Sauce** **Roasted Potato** **Roasted Carrots** Garden Vegetable	**14** **Vegetable Curry** **Baked Chicken Katsu** **Zucchini** Sedona Corn
15 **Vegetable Lasagna** **Pastele Stew** **Roasted Broccoli** Carrot Bisque	**16** **Vegetable Yakisoba** **Kalua Chicken** **Roasted Potato** **Sauteed Cabbage** Split Pea	**17** **Vegetable Pot Pie** **Furikake Salmon** **Mashed Potato** **Roasted Napa** Minestrone	**18** **Mac & Cheese** **Chicken Adobo** **Roasted Potato** **Zucchini & Squash** Sweet Potato	**19** **Tomato & Feta Pasta** **Hamburger Steak** **Mashed Potato** **Roasted Broccoli** Cream of Broccoli	**20** **Three Sisters Stew** **Teriyaki Chicken** **Roasted Potato** **Zucchini** Tomato Basil	**21** **Sweet & Sour Tofu** **Salisbury Steak** **Roasted Carrots** Mushroom Barley
22 **Vegetable Enchilada** **Chicken Enchilada** **Roasted Vegetables** Zucchini Spinach	**23** **Coconut Curry & Rice** **Parmesan Chicken** **Angel Hair Pasta** **Mashed Potato** **Zucchini & Squash** Vegetable Orzo	**24** **Eggplant Parmesan** **Salisbury Steak** **Mashed Potato** **Cauliflower & Broccoli** Carrot Curry Ginger	**25** **Baked Penne** **Shoyu Chicken** **Roasted Kabocha** **Sauteed Eggplant** Cream of Potato	**26** Happy Thanksgiving **Roast Turkey** **Stuffed Portobello** **Garlic Mash Potato** **Haricot Verts**	**27** **Tomato Artichoke Penne** **Miso Salmon** **Roasted Potato** **Roasted Broccoli** Garden Vegetable	**28** **Baked Ziti** **Kalua Chicken** **Sauteed Cabbage** Sedona Corn
29 **Tofu Stir Fry** **Beef Chili** **Zucchini** Carrot Bisque	**30** **Mushroom Stroganoff** **Chicken Adobo** **Roasted Potato** **Roasted Broccoli** Split Pea					