

SENIOR

LF ESCAPE

**NOVEMBER
2023**

**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**



***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD - 1 CHERRY CRISP B.)HAM/CHIX NOODLE	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
6	7	8	9	10
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI CALIF. BLEND VEGGIES CORN MUFFIN APRICOTS	A.) PEPPER STEAK MASHED POT./GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
13	14	15	16	17
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	SALISBURY STEAK MASHED POT/GRAVY BRUSSEL SPROUTS WGR WHEAT BREAD - 1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	A) TUNA NOODLE CASSEROLE BROCCOLI\CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL B.) CHIX SAL./TOMATO
20	21	22	23	24
BAKED CHIX BREAST MASHED POT \ GRAVY STEAMED PEAS WGR DINNER ROLL FRUIT COCKTAIL	MEATLOAF CHEESY POTATOES CALIF BLEND VEGGIES WGR WHEAT BREAD - 1 DICED PEARS	BAKED PORK CHOP BABY RED POTATOES GREEN BEANS WGR DINNER ROLL CHERRY CRISP	CLOSED	CLOSED
27	28	29	30	
SALISBURY STEAK MASHED POT/GRAVY LIMA BEANS WGR DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	A.) TURKEY BURGER WGR WHEAT BUN SWEET POTATO FRIES BROCCOLI APPLE CRISP B.) TUNA SAL/CHIX RICE	8 oz. Low Fat Milk served with all lunches. 