

# DALTON COUNCIL ON AGING & SENIOR CENTER



## GRAB & GO MEALS

684-2000

# NOVEMBER 2020

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Cordon Bleu* 557 Mashed Potatoes 39 Mixed Vegetables 43 Dinner Roll 210 Mixed Fruit 10 <hr/> <b>Calories: 766 Sodium: 984</b>	<b>3</b>	<b>4</b>	<b>5</b> Swedish Meatballs 314 Buttered Noodles 11 Steamed Red Cabbage 37 12 Grain Bread 200 Sliced Pears 5 <hr/> <b>Calories: 785 Sodium: 692</b>	<b>6</b>
<b>9</b> Beef Stroganoff 85 Buttered Noodles 8 Peas & Pearl Onions 34 100% Wheat Bread 120 Diced Pears © 0 <hr/> <b>Calories: 710 Sodium: 372</b>	<b>10</b>	<b>11</b> Veteran's Day   <b>CLOSED</b>	<b>12</b> Chicken Almondine 333 Mashed Potatoes 39 Winter Blend Vegetables 48 12 Grain Bread 200 Mandarin Oranges 7 <hr/> <b>Calories: 631 Sodium: 752</b>	<b>13</b>
<b>16</b> <b>Global Table</b> Macaroni & Cheese* 627 Beef Taco Soup 131 Broccoli Florets 22 Oat Nut Bread 150 Pineapple Tidbits 4 <hr/> <b>Calories: 684 Sodium: 1059</b>	<b>17</b>	<b>18</b>	<b>19</b> <b>Holiday Meal</b> Sliced Turkey & Gravy* 522 Mashed Potatoes 39 Butternut Squash 2 Snowflake Roll 180 Pumpkin Pie ** 300 <hr/> <b>Calories: 885 Sodium: 1168</b>	<b>20</b>
<b>23</b> Chicken Drumstick W/ Gravy 297 Buttered Red Potatoes 4 Cauliflower w/ pimento 17 Rye Bread 150 Sliced Peaches 6 <hr/> <b>Calories: 551 Sodium: 599</b>	<b>24</b>	<b>25</b>	<b>26</b> Thanksgiving Day   <b>CLOSED</b>   <b>SENIOR CENTER CLOSED</b>	<b>27</b>
<b>30</b> Veal Picatta* 502 Lyonnaise Potatoes 7 Brussel Sprouts 5 100% Whole Wheat Brea 120 Fruit Cocktail 5 <hr/> <b>Calories: 710 Sodium: 764</b>	<b>HOME DELIVERED MEALS</b> If you will not be home when your meal is delivered, please call the nutrition hotline at:  <b>1-800-981-5201</b>		Sponsored in part by:  	

**Dietary Information:** All meals include 1% Milk 110 calories/125 mg sodium  
 Calories and sodium from salad dressings, margarine, crackers and condiments are not included. \*High Sodium \*\*Modifications for restricted sugar available  
 Nutrition information provided is not exact but will help guide you.