Monroe County Office For The Aging

Lunch Club 60 Menu – November 2026

Foodlink NOURISHING LIVES

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Glazed Salmon** over Rice Prince William Vegetables Fresh Apple Rainbow Sherbet	**3**	**4** **Chicken with Mushroom Gravy** Mashed Potatoes Green Beans Pear Cup Ice Cream Cup	**5**	**6** **Turkey Chili** with cheddar and sour cream Corn Muffin Broccoli Pear Cup
9 **Chicken Piccata** over Rice Spinach Mixed Fruit Cup Raisins	**10**	**11** 	**12**	**13** **Butter Chicken Over Rice** Scandinavian Blend Veg Pineapple Cup Pudding Cup
16 **Sloppy Joe** on a Bun Peas & Carrots Mixed Fruit Cup Ice Cream Cup	**17**	**18** **Chicken Soup** Tossed Salad with Cucumber, Tomato, and Italian Dressing Cherry Pie	**19**	**20** **Breaded Pollock** with Tartar Sauce Roasted Potatoes Cole Slaw Pineapple Cup
23 Thanksgiving Meal **Turkey and Gravy** Mashed Potatoes Bread Dressing Cranberry Sauce Green Beans Mandarin Oranges Pumpkin Pie	**24**	**25** **Tilapia al Forno** (Tilapia with breadcrumbs) Pasta in Sauce Zucchini Fresh Apple	**26**  No Meals Served	**27**  No Meals Served
30 **Pub Burger** on a Bun with Cheese, Lettuce, Tomato, and Relish Broccoli & Carrots Fresh Banana				

Allergen information is available upon request by contacting Foodlink at 585.721.4592

All meals served with milk (1% or Fat-Free Chocolate) and fortified juice

Certified by Michelle Koch Blood, RD - 9/14/2026