



CAC NOVEMBER 2024
 CHETCO ACTIVITY CENTER
 NUTRITION PROGRAM
 550 CHETCO LANE, BROOKINGS, OR
 541-469-6822

**Menu is subject
to change
without
notice.**

Meals include:
 Drinks—Coffee, Tea (hot or iced)
 Milk, Water
 Salad, dessert

**Meals Cost
\$10.00 to
Prepare
If you are over
60 please
donate what
you can**

**SALAD SERVED—11:15
MAIN COURSE—11:30**

Mon	Tue	Wed	Thu	Fri
				1 Lemon Baked Fish Au Gratin Potatoes Peas
4 Tuna Casserole Cornbread Peas & Carrots	5 English Muffin Pizza Supreme Cream of Chicken Soup	6 BBQ Pork Chops Scalloped Potatoes Brussel Sprouts	7 Lentils with Lamb Sausage Cornbread Chef's Blend	8 Herb Baked Fish Turmeric Rice Green Beans
11 Veterans Day Vegetarian Spaghetti Veggie Balls Breadsticks Corn	12 Pork & Chili Stew Grilled Cheese Sandwich	13 Swedish Meatballs Pasta Peas & Carrots	14 Chicken Cordon Bleu Mac & Cheese Broccoli	15 Parmesan Baked Fish Baked Beans Corn
18 Cheese Ravioli Breadsticks Chefs Blend	19 Italian Submarine Sandwich Broccoli Cheese Soup	20 Chicken Alfredo Pasta Chefs Blend	21 Sausage & Gravy Biscuit Fruit	22 Lemon Baked Fish Black Beans Carrots
25 Vegetarian Chili Cornbread Corn	26 Hot Dog Vegetable Soup	27 Spaghetti and Meatballs Breadsticks Chefs Blend	28 CLOSED HAPPY THANKSGIVING	29 Herb Baked Fish Mac & Cheese Beets