

STOCKTON COMMUNITY KITCHEN at Bella Vista - SENIOR LUNCH BOX PROGRAM

NOVEMBER 2024 - LUNCH MENU

FRIDAY 1

Green Items = Vitamin A
Red Items = Vitamin C
Blue Items = Sodium 1000mg

\$3.00 Suggested Contribution Per Meal. No one will be denied services for the inability to contribute. If you are unable to make the suggested contribution, please consider giving amount whatever you can. Thank you.

Grilled Hamburger
 Vegetable Medley
 Sweet Potato Wedges
 Applesauce
 Whole Grain Bun
 Mustard/Ketchup
 1% Low Fat Milk

MONDAY 4

TUESDAY 5

FRIDAY 8

Texan Chili
 Brown Rice
 Green Salad with Tomatoes
 Fresh Fruit Salad
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Pork Stew
 Roasted Potatoes
 Steamed Carrots
 Cabbage
 Peaches
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Asian Chicken
 Steamed Rice
 Stir Fry Vegetables
 Cantaloupe
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Crusted Pork Loin
 Spanish Rice
 Roasted Broccoli
 Applesauce
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Beef Hot Dogs
 Sweet Potato Wedges
 Baked Beans
 Orange
 Whole Grain Bun
 Mustard/Ketchup
 1% Low Fat Milk

MONDAY 11

TUESDAY 12

WEDNESDAY 13

THURSDAY 14

FRIDAY 15

Italian Meatballs in red sauce
 Rice Pilaf
 Steamed Baby Carrots
 Peaches
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Beef Ravioli in Pink Sauce
 FiveWay vegetables with carrots
 Cantaloupe
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Fish of the Day
 Roasted Zucchini
 Scalloped Potatoes
 Applesauce
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Countryside Meatloaf
 Brown Rice
 Butternut Squash
 Orange
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Herb Mediterranean Chicken
 Red Roasted Potatoes
 Peas and Carrots
 Fresh Fruit Salad
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

MONDAY 18

TUESDAY 19

WEDNESDAY 20

THURSDAY 21

FRIDAY 22

Pasta Bolognese
 California Vegetable Medley
 Cantaloupe
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Chicken Enchiladas with sauce
 California Vegetable Medley
 Spanish Rice
 Orange
 1% Low Fat Milk

Apple Glazed Pork Loin
 Red Roasted Potatoes
 Steamed Cabbage and Carrots
 Fresh Fruit Salad
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Lemon Garlic Baked Cod
 Wild Rice
 Roasted Baby Carrots
 Applesauce
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Sweet and Sour Chicken
 Steamed Rice
 Roasted Broccoli
 Peaches
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

MONDAY 25

TUESDAY 26

WEDNESDAY 27

THURSDAY 28

FRIDAY 29

Swedish Meatballs
 Mashed Potatoes
 Roasted Broccoli
 Applesauce
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Chicken Choy Mein
 Vegetarian Eggroll
 Stir Fry Vegetable Medley
 Fresh Fruit Salad
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Thanksgiving Turkey
 Broccoli Casserole
 Mashed Potatoes and Gravy
 Homemade Stuffing
 Pumpkin Pie Slice
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Chicken Alfredo Pasta
 California Vegetable Medley
 Orange
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk

Fish Cake
 Mediterranean Herb Quinoa
 Coleslaw Mix Salad
 Cantaloupe
 Whole Grain Roll
 Butter Chip
 1% Low Fat Milk