

November 2022



Ector Co. Eld. Nutrition
1225 N. Adams-Odessa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

SUMMIT -Meal Provider

\$3.00 Suggested
Meal Donation

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Barbeque Chicken Potato Salad Mixed Squash Casserole Biscuit Carrot & Raisin Salad Fruit Cup Tea/Milk	Cod Fish Fillet on Whole Wheat Bun Tartar Sauce Oven Baked French Fries Cabbage Slaw Peanut Butter Cookie Tea/Milk	Chicken Soft Taco w. Shredded Cheese Chopped Lettuce & Tomatoes Refried Beans Tortilla Chips/ Salsa Fruited Gelatin w. Marshmallows Tea/Milk	Pepper Steak Steamed Brown Rice Broccoli Whole Wheat Roll/Bread Apple Crisp Tea/Milk
7	8	9	10	11
Open Face Hot Turkey on Whole Wheat Bread with Turkey Gravy Potato Wedges Green Pea Salad Orange Wedges Tea/Milk	Meatloaf Au Gratin Potatoes Chopped Spinach Banana Pudding Tea/Milk	Chicken Stir Fry Brown Rice Stir Fry Vegetables Cucumber Salad Veggie Spring Roll Strawberry Shortcake Tea/Milk	Chicken Fried Steak Cream Gravy Mashed Potatoes Carrots WW Roll/Bread Orange Slices and Pineapple Tidbits Tea/Milk	CLOSED VETERANS DAY 
14	15	16	17	18
Marinated Chicken Oven Roasted Potatoes Mixed Vegetables Whole Wheat Roll/Bread Cherry Cobbler Tea/Milk	Beef & Vegetable Stew Cornbread Tossed Salad Fat Free Dressing Lime Gelatin with Pineapple and Marshmallows Tea/Milk	BBQ Pulled Pork on Whole Wheat Bun Black Eyed Peas Broccoli & Cauliflower Salad Plums Tea/Milk	Frito Turkey Chili Pie W. Beans Mexicali Corn Jalapeno Cornbread Pears Tea/Milk	Roast Turkey Gravy Cranberry Sauce Candied Yams Green Beans WW Roll/Bread Pineapple Crisp Tea/Milk
21	22	23	24	25
Cheeseburger on Whole Wheat Bun Baked Beans Strawberries on Angel Cake Tea/Milk	Lasagna Capri Blend Vegetables Tossed Green Salad FF Ranch Dressing Garlic Bread Stick Apple Slices Tea/Milk	Sweet & Sour Chicken Fluffy Steamed Brown Rice Peas w. Sweet Red Peppers Peaches Tea/Milk	CLOSED FOR THANKSGIVING DAY 	CLOSED FOR THANSKIVING DAY
28	29	30		
Chicken Pot Pie w. Mixed Vegetables Tossed Salad w. FF Ranch Dressing Ambrosia Tea/Milk	Hamburger Steak with Onions, Peppers & Green Chilies & Brown Gravy Mashed Potatoes Carrot & Raisin Salad Frozen Melon Balls Tea/Milk	Cheese Enchiladas Refried Beans Spanish Rice Baked Tortilla Chips Salsa Small Banana Tea/Milk		Note: Tea, Milk & Bread will be provided with every Meal