





Monday

Tuesday

Wednesday

Thursday

Friday

Beef Pasta Bolognese Baby Carrots w/Ranch

4 Chicken Thighs w/Spanish Rice* Beans, Celery & Tomatoes in Rice Orange Milk Beef Philly Cheese Steak w/Bun* Peppers & Mushrooms & Peppers in Sauce Banana Milk 5 6
Chicken Parmesan
Pasta
Green Salad
w/Ranch
Pear Cup
Milk

Mac & Cheese
Mexicorn on the
Side
Apple
Milk

Beef Sloppy Joe Pizza* Baby Carrots w/Ranch Peach Cup Milk

Applesauce

Milk

Happy Veteran's
Day!
Foodlink Closed

12 Jerk Chicken Thighs w/Rice* Peppers & Beans in Rice Banana Milk

Chicken Broccoli Alfredo Mixed Fruit Cup Milk

13

14 Cheesy Beef-n-Hash w/Roll* Homefries on the Side Apple Milk

Turkey Goulash w/Pasta Tomatoes + Peppers in Goulash Orange Milk 18 19 BBQ Chicken Thighs w/Roll* BBQ Baked Beans on the Side Banana Milk 20 Mac & Cheese Peas & Carrots on the Side Apple Milk 21
Beef & Chicken
Meatball Sandwich*
Corn on the Side
Apple
Milk

24
Beef Sloppy Joe on
Bun*
Baby Carrots
w/Ranch
Mixed Fruit Cup
Milk

25 Chicken Thighs w/Spanish Rice* Green Beans, Peas & Carrots in Rice Orange Milk 26
Beef & Chicken
Meatball Sandwich*
Corn on the Side
Banana
Milk

27 + 28



Happy Thanksgiving! **Foodlink Closed**

*Indicates a wholegrain



Foodlink Community Kitchen, 2011 Mt Read Blvd, ROC, NY, 14615 585-413-5065 Questions/Feedback About the Food? Contact the Community

Kitchen's Dietitian:
Samantha Chamberlain
schamberlain@foodlinkny.org