

# November 2024

Office Hours: 9am-1pm

Jenny Coppersmith Manager 426-8309

Perquimans County Center for Active Living

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p><b><u>Lunch</u></b> <b><u>is</u></b></p>					1 Cheeseburger Baked Beans Baked Apples Cake	2
	<p><b><u>Served</u></b> <b><u>at</u></b> <b><u>11:30</u></b></p>	<p>4 Sausage &amp; Peppers Carrots Roasted Potatoes Cobbler Roll</p>	<p>5 Baked Ham California Blend Sweet Potatoes Pears Cake Roll</p>	<p>6 Chili Broccoli Pimento Cheese Sand- wich OJ Jell-o</p>	<p>7 Tuna Three Bean Salad Macaroni Salad Jell-o Orange</p>	<p>8 BBQ Chicken Peas Cinnamon Apples Mac and Cheese Cornbread</p>
<p>10  Milk is Served With Each Meal</p>	<p>11 </p>	<p>12 Baked Pork Chop Collards Potatoes Au Gratin Fruit Crisp Roll</p>	<p>13 Meatloaf Lima Beans Rice Pineapple Roll</p>	<p>14 BBQ Sandwich Buttered Potatoes Coleslaw Orange Graham Crackers</p>	<p>15 Herbed Baked Chicken w/ gravy Carrots Rice Fruit Roll</p>	16
<p>17</p>	<p>18 Oven Fried Boneless Thighs Peas Baked Potato Pineapple Roll</p>	<p>19 Spaghetti Spiced Apples Tossed Salad Pudding Garlic Bread</p>	<p>20 Brat Style Sausage Coleslaw Baked Beans Brownie Bun</p>	<p>21 Turkey Breast w/gravy and Bread stuffing Carrots Rice Cranberry Sauce Pudding</p>	<p>22 Beef Stew Green Beans Fruit Crisp OJ Roll</p>	23
<p>24</p>	<p>25 Salisbury Steak w/gravy Peas &amp; Carrots Mashed Potatoes Pineapple Apple Crisp Roll</p>	<p>26 Roasted Pork w/gravy Rice Succotash Orange Cornbread</p>	<p>27 Marinated Chicken Breast Green Beans Pasta Jell-o Roll OJ</p>	<p>28 </p>	<p>29 </p>	30