

Elk River Senior Living

November

2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast Served M, T, Th, F, Sat, & Sun Toast, Cereal, Fresh Fruit, Hard-boiled Eggs, Pastries and Yogurt	Hot Breakfast Every Wednesday Bacon, Sausage, Eggs, Hashbrowns and Pancakes All meals are subject to change with proper notice	Noon and Evening meals are accompanied with a choice of Homemade Soup, Fresh Fruit Garden Salad, Dinner Roll and Dessert *Alternate Menu is available upon request during mealtimes	Breakfast: 1 Continental Breakfast Noon Roasted Chicken Quarters Baked Sweet Potatoes Brussels Sprouts Evening Grilled Tuna Melt French Fries	Breakfast: 2 Continental Breakfast Noon Kielbasa Sausage O'Brien Potatoes Peas Evening Crispy Chicken Salad Asian Dressing	Breakfast: 3 Continental Breakfast Noon Pulled Pork Tacos Spanish Rice Roasted Corn Salsa Evening Biscuits and Gravy Scrambled Eggs	Breakfast: 4 Continental Breakfast Noon Pineapple Glazed Ham Roasted Fingerling Potatoes Spinach Evening Tater Tot Hot Dish Dinner Roll
Breakfast: 5 Continental Breakfast Noon Linguini and Shrimp Asparagus Breadstick Evening Meatball Sub Fresh Fruit	Breakfast: 6 Continental Breakfast Noon California Burger Baked Beans Corn on the Cobb Evening Homemade Pizza Italian Side Salad	Breakfast: 7 Continental Breakfast Noon Beer Braised Pork Shoulder Mashed Potatoes Carrot Blend Evening Homemade Goulash Dinner Roll	Breakfast: 8 Hot Breakfast Noon Fried Chicken Thigh Sweet Potato Fries Corn Evening Shrimp and Chicken Gumbo Cornbread Muffin	Breakfast: 9 Continental Breakfast Noon Teriyaki Pork Wings Korean Fried Rice Oriental Vegetables Evening Grilled Rubeen Sandwich Potato Salad	Breakfast: 10 Continental Breakfast Noon Grilled Flank Steak Baked Potato Cauliflower Evening Beer Battered Cod Po Boy Cucumber Salad	Breakfast: 11 Continental Breakfast Noon BBQ Ribs Baked Beans Buttered Broccoli Evening Homemade Loaded Mac and Cheese, Dinner Roll
Breakfast: 12 Continental Breakfast Noon Apple Brie Stuffed Chicken Stuffing Beets Evening Chicken Bacon Ranch Wrap Italian Pasta Salad	Breakfast: 13 Continental Breakfast Noon Balsamic Glazed Pork Roast Roasted Potatoes Cauliflower Evening Harvest Chicken Salad Breadstick	Breakfast: 14 Continental Breakfast Noon Sweet and Sour Chicken Vegetable Lo Mein Cream Cheese Won Ton Evening Crab Salad on a Croissant Fresh Fruit	Breakfast: 15 Hot Breakfast Noon Pot Roast Garlic Mashed Potatoes Green Beans Evening Sloppy Joe on a Bun Potato Wedges	Breakfast: 16 Continental Breakfast Noon Spaghetti and Meatballs Italian Vegetables Garlic Toast Evening Chicken Al A King Puff Pastry	Breakfast: 17 Continental Breakfast Noon Surf and Turf Baked Potato Asparagus Evening Smoked Chicken Wings Blue Cheese Slaw Dipping Sauce	Breakfast: 18 Continental Breakfast Noon Country Fried Steak Mashed Potatoes Buttered Corn Evening Chicken Pot Pie Dinner Roll
Breakfast: 19 Continental Breakfast Noon Sesame Meatballs White Rice Egg Roll Evening California Chicken Sandwich, Onion Rings	Breakfast: 20 Continental Breakfast Noon Pork Ragu Stuffed Dumplings Green Beans Evening Taco Salad Sour Cream, Salsa and Guac	Breakfast: 21 Continental Breakfast Noon Smoked Tri Tip Steak Mashed Potatoes Glazed Carrots Evening Bacon Egg and Cheese on a Croissant	Breakfast: 22 Hot Breakfast Noon Swedish Meatballs Egg Noodles Broccoli Evening Grilled Rachel Sandwich Coleslaw	Breakfast: 23 Continental Breakfast Noon Roasted Turkey Mashed Potatoes & Gravy Stuffing Green Bean Casserole Evening BOXED DINNER	Breakfast: 24 Continental Breakfast Noon Beer Battered Walleye Baked Potato Asparagus Evening Chicken Chow Mein White Rice	Breakfast: 25 Continental Breakfast Noon Salisbury Steak Mashed Potatoes Green Beans Evening Chicken and Broccoli Casserole, Dinner Roll
Breakfast: 26 Continental Breakfast Noon Chicken Parmesan Linguini Brussels Sprouts Evening Grilled Patty Melt Potato Salad	Breakfast: 27 Continental Breakfast Noon Maple Glazed Salmon Baked Potato Normandy Vegetables Evening BBQ Pulled Pork Sandwich, Coleslaw	Breakfast: 28 Continental Breakfast Noon Pork Prime Rib Scalloped Potatoes Beets Evening Homemade Lasagna Garlic Toast	Breakfast: 29 Continental Breakfast Noon Chicken Tortellini Carbonara Italian Vegetables Breadstick Evening Steak Street Tacos Roasted Corn Salad	Breakfast: 30 Continental Breakfast Noon Chicken Kiev Autumn Rice Pilaf Mixed Vegetables Evening French Dip Onion Rings		