






## *KASC Daily Lunch Menu - November*

To reserve your meal, a minimum of 7 days in advance (by 3 p.m.), contact us at (610) 444-4819 or sign up in the lunch binder.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Lunch is served at 12:00 pm</p> <p>PLEASE BE AWARE, MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.</p>	 <p>Chester County Department of Aging Services</p>	<p><b>1</b> <b>Turkey Club Salad</b> Turkey, Bacon, Egg, Cheddar Lettuce, Tomato, Cucumber, Carrot Roll Dessert</p>	<p><b>2</b> <b>Chicken Parmesan</b> Penne Pasta Garden Salad Italian Bread Dessert Milk</p>	<p><b>3</b> <b>Grilled Cheese</b> Tomato Soup Apple &amp; Raisin Salad Dessert Milk</p>
<p><b>6</b> <b>Spaghetti &amp; Meatballs</b> Caesar Salad Italian Bread Dessert Milk</p>	<p><b>7</b> <b>Turkey Pot Pie with Biscuit</b> Mixed Vegetables Gravy Sweet Potatoes Dessert Milk</p>	<p><b>8</b> <b>Meatloaf</b> Mashed Potatoes Gravy Green Beans Dinner Roll Dessert Milk</p>	<p><b>9</b> <b>Tuna Sandwich</b> Wheat Bread Lettuce / Tomato Vegetable Beef Soup Dessert Milk</p>	 <p><b>10</b> <b>Roast Pork</b></p>
<p><b>13</b> <b>Pulled BBQ Chicken Sandwich</b> Oven Baked Fries Cole Slaw Dessert Milk</p>	 <p><b>14</b> <b>BIRTHDAY LUNCH</b> <b>Pesto Chicken &amp; Pasta</b></p>	<p><b>15</b> <b>Breakfast for Lunch</b> French Toast Casserole Scrambled Eggs Sausage Fresh Fruit Milk</p>	<p><b>16</b> <b>Meatball Sandwich</b> Green Beans Garden Salad Dessert Milk</p>	<p><b>17</b> <b>Turkey Taco Salad</b> Butternut Squash Soup Crackers Dessert Milk</p>
<p><b>20</b> <b>Baked Chicken</b> Cornbread Casserole Brussel Sprouts Dessert Milk</p>	<p><b>21</b> <b>Breaded Fish Filet</b> Rice Pilaf Winter Blend Veggies Dessert Milk</p>	<p><b>22</b> <b>Swedish Meatballs</b> Egg Noodles Green Beans Wheat Bread Dessert Milk</p>	<p><b>23 KASC CLOSED</b></p> 	<p><b>24 KASC CLOSED</b></p> 
<p><b>27</b> <b>Chicken Parmesan</b> Penne Pasta Garden Salad Italian Bread Dessert Milk</p>	<p><b>28</b> <b>Open Faced Roast Beef</b> Mashed Potatoes Carrots Wheat Bread Dessert Milk</p>	<p><b>29</b> <b>Garlic &amp; Herb Tilapia</b> Brown Rice Winter Blend Veggies Dinner Roll Dessert Milk</p>	<p><b>30</b> <b>Teriyaki Pork Meatballs</b> Brown Rice Broccoli Dessert Milk</p>	<p>For those age 60+, a voluntary, confidential \$2.00 donation is requested. The cost of lunch for those under age 60 is \$5.70.</p>

Membership is not required in order for individuals 60 and over to participate in this program. All participants age 60 and older are invited to attend and enjoy a noontime meal. Partial funding for meals is provided by Chester County Dept. of Aging Services. **IMPORTANT NOTICE:** Lunch must be consumed at the Senior Center. For health and safety reasons, perishable food may not be removed from the Center. The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.