

Total Life Center Lunch Menu (October, November, December 2024)

September 30	October 1	October 2	October 3	October 4
Chicken/ Brown Rice Stewed Tomatoes Creamed Spinach Sourdough Bread Fresh Fruit Milk 1% October 28 November 25 December 23	Smoked Sausage Kidney Beans Broccoli and Carrots Orange Juice Cole Slaw Milk 1% Mustard Packet October 29 November 26 December 24	BBQ Meatloaf California Blend Vegetables Sweet Potatoes Wheat Bread Cranberry Juice Banana Milk 1% October 30 November 27 December 25 (Closed)	Brunswick Stew Carrot Coins Brown Rice Wheat Roll Orange Juice Apple Milk 1% October 31 November 28 (Closed) December 26 (Closed)	Chicken Parmesan Capri Vegetables Seasoned Parslied Noodles Wheat Bread Banana Apple Juice Milk 1% November 1 November 29 (Closed) December 27
October 7	October 8	October 9	October 10	October 11
BBQ Riblet Yellow Squash BBQ Beans Hamburger Bun Orange Milk 1% November 4 December 2 December 30	Southwestern Chicken Breast Green Beans Mashed Potatoes Sourdough Bread Apple Juice Banana Milk 1% November 5 December 3 December 31	Beef and Broccoli Rice Sugar Snap Peas White Bread Fresh Fruit Fortune Cookie Milk 1% November 6 December 4	Rotisserie Chicken Brussels Sprouts Sour Cream Potatoes Wheat Bread Banana Butterscotch Pudding Milk 1% November 7 December 5	Beef Ravioli Dill Carrot Coins Broccoli & Cauliflower Orange Juice Fresh Fruit Wheat Roll Milk 1% November 8 December 6
October 14	October 15	October 16	October 17	October 18
Beef Stroganoff California Blend Vegetables Peas and Mushrooms Wheat Roll Fresh Fruit Milk 1% November 11 December 9	Chicken Leg Broccoli and Cauliflower Sweet Potatoes Orange Juice Sourdough Bread Banana Milk 1% November 12 December 10	BBQ Pork on Bun Lima Beans Scalloped Potatoes Coleslaw Fresh Fruit Milk 1% November 13 December 11	Spaghetti with Meat Sauce Carrot Coins Cherry Cobbler Cranberry Juice Italian Bread Orange Milk 1% November 14 December 12	Chicken Pot Pie Cauliflower with Red Pepper Field Peas Wheat Bread Orange Juice Apple Milk 1% November 15 December 13
October 21	October 22	October 23	October 24	October 25
Beef Chili Capri Vegetables Corn Fresh Fruit Wheat Roll Lemon Pudding Milk 1% November 18 December 16	Chicken Cordon Bleu Brown Rice Turnip Greens Sourdough Bread Orange Milk 1% November 19 December 17	Hamburger on Bun BBQ Beans Dill Carrot Coins Fresh Fruit Mustard Packet Milk 1% November 20 December 18	Chicken Leg Spinach Au Gratin Sweet Potatoes Wheat Roll Banana Cranberry Juice Milk 1% November 21 December 19	Peppered Swiss Steak Mashed Potatoes Green Beans Sourdough Bread Orange Grape Juice Milk 1% November 22 December 20