# Coleman Adult Day Services

# November 2026

## Lunch Menu

*** All meals are served with fat-free or 1% Milk ***

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>**1oz Potato Soup**<br>1/2c Peas<br>1/2c Peaches<br>2oz Cornbread Muffin<br>8oz 1% Milk | **3**<br>**2oz Penne Pasta & Meatballs**<br>1/2c Green Beans<br>1/2c Applesauce<br>2oz WG Bread<br>8oz 1% Milk | **4**<br>**2oz Egg Salad Sandwich**<br>1/2c Pickle<br>1/2c Apple slices<br>2oz WG Bun<br>8oz 1% Milk | **5**<br>**2oz Cheeseburger**<br>1/2c Tater Tots<br>1/2c Oranges<br>2oz WG Bun<br>8oz 1% Milk | **6**<br>**2oz Macaroni & Beef**<br>1/2c Corn<br>1/2c Pineapple Chunks<br>2oz WG Bread<br>8oz 1% Milk |
| **9**<br>**2oz Beef Hotdog**<br>1/2c Baked Beans<br>1/2c Tropical Fruit<br>2oz WG Bun<br>8oz 1% Milk | **10**<br>**2oz Chicken Patty**<br>1/2c French Fries<br>1/2c Pears<br>2oz WG Bun<br>8oz 1% Milk | **11**<br>**2oz BBQ Pulled Pork**<br>1/2c Coleslaw<br>1/2c Mixed Fruit<br>2oz WG Bun<br>8oz 1% Milk | **12**<br>**2oz Meatloaf**<br>1/2c Mashed Potatoes<br>1/2c Peaches<br>2oz WG Bread<br>8oz 1% Milk | **13**<br>**2oz Chicken Nuggets**<br>1/2c Mixed Vegetables<br>1/2c Fruit Cocktail<br>2oz WG Bread<br>8oz 1% Milk |
| **16**<br>**2oz Tomato Soup**<br>1oz Grilled Cheese Sandwich WG Bread<br>1/2c Brussel Sprouts<br>1/2c Applesauce<br>8oz 1% Milk | **17**<br>**2oz Sailsbury Steak**<br>1/2c Mashed Potatoes<br>1/2c Oranges<br>2oz Cornbread Muffin<br>8oz 1% Milk | **18**<br>**2oz Vegetable Lasagna**<br>1/2c Garden Salad<br>1/2c Pineapple Chunks<br>2oz WG Garlic Bread Stick<br>8oz 1% Milk | **19**<br>**2oz Beef Taco**<br>1/2c Corn<br>1/2c Apple Slices<br>1oz WG Tortilla<br>8oz 1% Milk | **20**<br>**2oz Stuffed Peppers**<br>1/2c Mashed Potatoes<br>1/2c Tropical Fruit<br>2oz WG Bread<br>8oz 1% Milk |
| **23**<br>**2oz Ravioli w/ Meat Sauce**<br>1/2c Mixed vegetables<br>1/2c Peaches<br>2oz WG Bread<br>8oz 1% Milk | **24**<br>**2oz Lasagna**<br>1/2c Capri Vegetables<br>1/2c Pears<br>2oz WG Garlic Bread Stick<br>8oz 1% Milk | **2oz Turkey** **25**<br>1/2c Mashed Potatoes w/ Gravy<br>1/2c Green Beans<br>1/2c Fruit Salad<br>2oz WG Dinner roll<br>8oz 1% Milk | **26**<br>**HAPPY THANKSGIVING!** | **27**<br>**CLOSED** |
| **30**<br>**2oz Macaroni & Cheese**<br>1/2c Stewed Tomatoes<br>1/2c Applesauce<br>2oz WG Bread<br>8oz 1% Milk | | | | |

***The following major food allergens are used as ingredients: Milk, Eggs, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame**

***This institution is an equal opportunity provider***