


November 2022

4th Street Diner

Linda Lough- (319) 472-4761

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|--|---|--|---|--|
| <p>To sign up for an early copy of the menu please send an email to llough@hacap.org and write "Menu Request" in the Subject Line.</p> | | <p>1 Maidrite Bun Oven Browned Potatoes Broccoli Pears Chocolate Pudding Milk <i>Blood Pressure Clinic 11-12</i></p> | <p>2 Stuffed Pork Chop Party Potatoes Peas Applesauce Cake Bread/Milk</p> | <p>3 Chicken Noodle Casserole Beets Mixed Fruit Cookie Bread/Milk</p> | <p>4 Roast Beef Mashed Potatoes/Gravy Carrots Peaches Dessert Bar Bread/Milk</p> | |
| | <p>6 Roast Pork Mashed Potatoes/Gravy Spinach Mixed Fruit Cake Bread/Milk</p> | <p>7 Chicken A La King Biscuit Green Beans Fresh Fruit Vanilla Pudding Milk</p> | <p>8 Polish Sausage Bun Macaroni & Cheese Sauerkraut Applesauce Fruited Jello Milk</p> | <p>9 Meatloaf Mashed Potatoes/Gravy Peas Pears Bread Pudding Bread/Milk</p> | <p>10 Cheesy Chicken Broccoli Rice Casserole Carrots Peaches Cookie Bread/Milk</p> | <p>11 Swedish Meatballs Baked Potato Half Corn Mixed Fruit Dessert Bar Bread/Milk</p> |
| | <p>13 Mushroom Steak Mashed Potatoes/Gravy Peas Mandarin Oranges Cake Bread/Milk</p> | <p>14 Crispy Pollack Oven Browned Potatoes Green Beans Peaches Dessert Bar Bread/Milk</p> | <p>15 Scalloped Ham & Potatoes Carrots Applesauce Vanilla Pudding Bread/Milk</p> | <p>16 Spaghetti w/Meat Sauce Garlic Bread Corn Mixed Fruit Cookie Milk</p> | <p>17 BBQ Riblette Bun Baked Beans Lettuce Salad/Dressing Tomato Spoon Salad Dessert Bar Milk</p> | <p>18 Roast Turkey Dressing Mashed Potatoes/Gravy Green Bean Casserole Cranberry Salad Pumpkin Pie (FCFS) Dinner Roll/Milk</p> |
| | <p>20 Chicken Strips Mashed Potatoes/Gravy Corn Pears Cake Bread/Milk</p> | <p>21 Lemon Pepper Tilapia Seasoned Rice Broccoli Pineapple Lemon Pudding Bread/Milk</p> | <p>22 Lasagna Garlic bread Green Beans Fresh Fruit Fruit Crisp Milk</p> | <p>23 Bacon Wrapped XL Chicken Leg Sweet Potatoes Beets Peaches Dessert Bar Bread/Milk</p> |  | |
| | <p>27 Baked Ham Parslied Potatoes Green Beans Pineapple Cake Bread/Milk</p> | <p>28 Crispy Chicken Patty Bun Tri-Tator Corn Mixed Fruit Cookie Milk</p> | <p>29 Glazed Ham Balls Sweet Potatoes Cauliflower Applesauce Lime Delight Bread/Milk <i>Blood Pressure Clinic 11-12</i></p> | <p>30 Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk</p> | | |

All menu items are subject to change if it reduces food costs.