



# Gateway Hudson Valley Just Like Home Menu November 2022

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 Baked Cod Creole Lemon Zested Orzo Brussel Sprouts Vegetable Soup Rye Bread Mandarin	2 Cheese Lasagna Green Peas Diced Carrot WW Roll Pineapple Bits	3 Pork Stew Lo Mein Noodles Oriental Veg Mandarin Slaw Fortune cookie	4 Pot Roast Mashed Potato Braised Cabbage WW Roll Apple Sauce
7 Egg Plant Parmesan Penne Pasta Broccoli WW Bread Vanilla Pudding w/Fruit	8 Beef Stroganoff w/Mushroom Gravy Buttered egg noodle Green Peas Tossed Salad WW Bread Peaches	9 Hawaiian Chicken Baked Yam Italian Blend Veg WW Bread Mixed Fruit	10 BBQ Pulled Pork Baked Beans Braised Cabbage Rye bread Fresh Fruit	11 Caribbean Flounder Coconut Rice Grilled Plantain WW Bread Oatmeal Raisin Cookie
14 Stuffed Pepper Garlic Mashed Potatoes Sliced Carrot WW Bread Pineapple	15 Chicken Parmesan Cavatappi Pasta Zucchini Cucumber Salad WW Roll Fruited Rice Pudding	16 Cheese Pierogi Brussel Sprouts Crinkle Carrots Rye Bread Oatmeal Raisin Cookie	17 Shrimp Alfredo Snap Peas Yellow Squash WW Roll Peaches	18 Apricot Chicken Sweet Potato California Blend Yankee Bean Soup Rye Bread Mixed Fruit
21 Breaded Fish Sweet Potato Puffs Steamed Broccoli Cole slaw Rye Bread Apple Sauce	22 Vegetable Lasagna Peas & Carrots Cut Green Beans WW Bread Pineapple Bits	23 Hamburger Baked Sweet Potato Yellow Corn Beef Veg Soup WW Bun Pears	24 Roasted Turkey Mashed Cauliflower Green Peas WW Roll Pumpkin Pie	25 Rigatoni Bolognese Butternut Squash Cauliflower Rye Bread Peanut Butter Cookie
28 Chicken sausage & Peppers Roasted Potato Carrot WW Roll Fresh Fruit	29 BBQ Chicken Sautéed Kale Yellow Corn Corn Bread Apple Sauce	30 Beef Stir Fry Jasmine Rice Yellow Beans Miso Soup WW Bread Mandarin		