Area Agency on Aging of Broward County

MENU FOR NOVEMBER 2026

Elder Affairs FLORIDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
4 oz Pub Style Fish Bites ½ c Garlic Mashed Potatoes ½ c 5-Way Mixed Vegetables 1 Pkt Tartar Sauce ½ c Fruit Cup 2 SL WG Bread w/ 1 oz Marg Cup 8 oz LF 1% Milk/40Z Blended Juice	3 oz BBQ Chicken Thigh ½ c Roasted Broccoli ½ c Garlic Roasted Sweet Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice	4 oz Beef Hot Dog ½ c Baked Beans ½ c Corn 1 WG Hot Dog Roll 1 Pkt Ketchup, Mustard, and Relish ½ c Fruit Cup 8oz 1% LF Milk/4 oz Blended Juice	(3) 1 oz Swedish Meatballs w/ Creamy Brown Gravy ½ c Green Beans ½ c Rice Pilaf 2 SL WG Bread w/Margarine cup ½ c Fruit Cup 8 oz 1% LF Milk/4 oz. Blended Juice	3 oz Ropa Vieja w/ ½ c Onions/Peppers/Tomatoes ½ c White Rice ½ c Black Beans 2 SL WG Bread w/ Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice
9	10	11	12	13
3 oz Shredded Chicken Tinga ½ c Mexican Rice ½ c Black Beans 2 WG Tortilla 1 oz Sour Cream ½ c Fruit Cup 8 oz 1% LF Milk/4 oz. Blended Juice	3 oz Salisbury Steak w/ Mushroom Gravy ½ c Garlic Mashed Potatoes ½ c Bahama Blend Vegetables 2 SL WG Bread w/ Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice	3 oz Baked Chicken Parm ½ c Roasted Root Vegetables ½ c Mediterranean Mix Vegetables 2 SL WG Bread w/ Margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk/4 oz. Blended Juice	3 oz Marinated Mojo Chicken Breast ½ c Roasted Carrots ½ c Spanish Rice 2 WG Tortilla 6” ½ c Fruit Cup 8 oz 1% LF Milk/4 oz Blended Juice	3 oz Lemon Pepper Chicken ½ c Herbed Roasted Potatoes ½ c Green Peas 2 SL WG Bread w/ Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice
16	17	18	19	20
3 oz Marsala Beef Bites ½ c Green Peas ½ c Roasted Sweet Potatoes 2 SL WG Bread w/ Margarine cup ½ c Fruit Cup 8 oz 1% LF Milk/4 oz Blended Juice	4 oz All Beef Hotdog ½ c Yellow Corn ½ c Baked Beans 1 WG Hotdog Bun 1 Pkt Ketchup, Mustard, Relish ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice	4 oz Turkey Burger Melt w/1 oz Cheddar Jack Cheese ½ c Mashed Sweet Potato ½ c Steamed Broccoli 1 WG Burger Bun & 1 Pkt Ketchup ½ c Fruit Cup 8 oz 1% LF Milk/4 oz Blended Juice	3 oz BBQ Chicken Breast ½ c Spinach & Onions ½ c Garlic Roasted Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk/4 oz Blended Juice	8 oz Beef Lasagna w/ 1oz Marinara 1 c Cauliflower, Carrots, & Broccoli 2 SL WG Bread w/ Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice
23	24	25	26	27
3 oz Pulled BBQ Chicken Sandwich ½ c Green Beans ½ c Garlic Mashed Potatoes 1 WG Bun ½ c Fruit Cup 8 oz 1% LF Milk/4 oz Blended Juice	3 oz Chicken Enchiladas (Diced Chicken, topped with enchilada sauce and 1 oz Cheese) ½ c Pinto Beans ⅓ c Spanish Rice ⅓ c Fresh Fruit 2 WG Tortillas 8 oz LF 1% Milk/40Z Blended Juice	3 oz Chicken Patty Sandwich ½ c Roasted Sweet Potatoes ½ c 5-Way Mixed Vegetables 1 WG Bun 1 pkt Mayo/ketchup ½ c Fruit Cup 8 oz 1% LF Milk/4 oz Blended Juice	CLOSED	CLOSED
30	December 1	December 2	December 3	December 4
4 oz Pub Style Fish Bites ½ c Garlic Mashed Potatoes ½ c 5-Way Mixed Vegetables 1 Pkt Tartar Sauce ½ c Fruit Cup 2 SL WG Bread w/ 1 oz Marg Cup 8 oz LF 1% Milk/40Z Blended Juice	3 oz BBQ Chicken Thigh ½ c Roasted Broccoli ½ c Garlic Roasted Sweet Potatoes 2 SL WG Bread w/Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice	4 oz Beef Hot Dog ½ c Baked Beans ½ c Corn 1 WG Hot Dog Roll 1 Pkt Ketchup, Mustard, and Relish ½ c Fruit Cup 8oz 1% LF Milk/4 oz Blended Juice	(3) 1 oz Swedish Meatballs w/ Creamy Brown Gravy ½ c Green Beans ½ c Rice Pilaf 2 SL WG Bread w/Margarine cup ½ c Fruit Cup 8 oz 1% LF Milk/4 oz. Blended Juice	3 oz Ropa Vieja w/ ½ c Onions/Peppers/Tomatoes ½ c White Rice ½ c Black Beans 2 SL WG Bread w/ Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk/4 oz Blended Juice
Date: 4.27.26 Caterer: SGF Seniors Approved by: Alex Frizzelle RD Signature: Alex Frizzelle RD	Ginnifer Barber RD/LDN 5/21/2026			