


Senior Café--FSR

November 2021

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chili Con Carne/Cheese Pear Half Corn Muffin/Marg Flavored Ice Cream *Diab Vanilla Ice Cream	2 <ul style="list-style-type: none"> Meals are dine-in or pick-up Meals will be served at 11:30 a.m. Current days of service: Mon., Wed & Thurs	3 Beef Pot Roast/Veg Waldorf Gelatin Salad Fresh Orange	4 Spaghetti w/ Meat Sauce Side Salad/Garlic Biscuit Pineapple Slice Gingersnaps *Diab: Cookie	Please reserve your meal by 2 pm the day before by calling... 507-287-2010 Family Service Rochester
8 Ham Scalloped Potatoes Alt: Beef Scalloped Pot. Dilled Carrots Green Salad Fruit Cup	9 PLEASE state if you'd like to: DINE-IN or PICK-UP when reserving meal	10 MN Hot Dish Coleslaw Biscuit Lemon Bar *Diab: Fruit	Thank You VETERANS! FSR closed for Veterans' Day	12
15 Pork & Rice Cabbage Hotdish Mixed Fruit Cup Pudding	16	17 Meat Lasagna French Bread Tossed Salad Orange Slices Moon Cake *Diab Banana	18 Alpine Chicken Casserole Carrots PearHalf/Cottage Cheese Coconut Custard Square *Diab: Cookie	19
22 Ham Balls Alt: Beef Patty Baked Potato/Sour Crm Succotash Yogurt Fruit Cup	23	24 Pork Chop Medley Potatoes/3 Bean Salad Beet Pickles Fresh Fruit	25 C L O S E D	26 C L O S E D
29 Meat Loaf Mashed Potatoes/Marg Stewed Tomatoes Cookie or Bar *Diab: Fruit Cup	30			

Alternate on Menu = Diner's Choice

'OR' on Menu = Site Staff Choice based on diner preference