



NOVEMBER MENU

Tuesday, November $\mathbf{1}^{\mathrm{st}}$ Baked Fish, peas, wild rice, vegetable soup, apple crisp

Thursday , November $3^{\rm rd}$ Chicken cordon blu, carrots, roasted red potatoes, Portuguese soup, brownie

Monday October 7th Bennington shopping day-free Moover transportation – call ahead to reserve your spot 888-869-6287

Tuesday November 8th NO MEAL VOTING DAY

Wednesday November 9th Readsboro Senior Meal

Thursday November 10^{th} Baked chicken, butternut squash, rice pilaf, New England clam chowder, fruited jello

Tuesday November 15th Spaghetti and meatballs, green beans, garlic bread, caprice salad, ice cream

Friday November 18th Halifax Senior Meal

Thursday Nevember 17th Thanksgiving Celebration, cheese and crackers, roasted turkey, mashed potato, stuffing, green bean casserole, butternut squash, cranberry sauce. Pies Be Sure to Sign Up!

Tuesday November 22nd Shepard's pie, broccoli & cauliflower, fresh tossed salad, pudding

Thursday November 24th Happy Thanksgiving!

Tuesday November 29th Chicken ala king, egg noodles, corn and black bean mix, spinach & cranberry salad, ambrosi.

For information call Deerfield Valley Meals 802-368-7567 On Facebook "Deerfield Valley Senior Meals" Tuesday & Thursday meal served at noon \$5 suggested donation 60+

The Moover provides Free transportation to and from Senior Meals call for pick up 888-869-6287