

Galveston November 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				11/1/2024
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>				Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>640 Calories 879mg Sodium</i>
	11/4/2024	11/5/2024	11/6/2024	11/7/2024
Polish Sausage+ Parslied Rice Mixed Vegetables Wheat Bread Fresh Fruit Milk <i>755 Calories 1209mg Sodium</i>	Chicken Piccata Green Peas Cauliflower Texas Bread Fudge Cream Cookie Milk <i>723 Calories 1140mg Sodium</i>	Swiss Steak Garlic Whipped Potatoes Parslied Carrots Wheat Bread Fresh Fruit Milk <i>622 Calories 939mg Sodium</i>	Ham and Lima Beans+ Country Tomatoes Catalina Vegetables Cornbread Sugar Cookie Milk Margarine <i>715 Calories 1033mg Sodium</i>	BBQ Diced Chicken Baked Beans Green Beans Hamburger Bun Fresh Fruit Milk <i>719 Calories 740mg Sodium</i>
11/11/2024	11/12/2024	11/13/2024	11/14/2024	11/15/2024
Chicken Fajita Mexican Rice Olé Mixed Vegetables Flour Tortilla Fresh Orange Milk Taco Sauce <i>629 Calories 539mg Sodium</i>	Beef Stroganoff Penne Pasta Broccoli Diced Beets Texas Bread Nutty Buddy Bar Milk <i>660 Calories 842mg Sodium</i>	Cheese Omelet Southwest Sauce Black Beans Hashbrowns Dinner Roll Cinnamon Graham Crackers Milk <i>774 Calories 837mg Sodium</i>	Lemon Caper Chicken Whipped Potatoes Dilled Carrots Wheat Bread Fresh Fruit Milk <i>642 Calories 820mg Sodium</i>	BBQ Pork Rib Patty+ Baked Beans Cabbage Texas Bread Craisins Milk <i>750 Calories 1109mg Sodium</i>
11/18/2024	11/19/2024	11/20/2024	11/21/2024	11/22/2024
Beef Meatballs with Gravy Rice Herbed Green Beans Wheat Bread Oatmeal Cream Cookie Milk <i>697 Calories 893mg Sodium</i>	BBQ Chicken Nuggets Oven Roasted Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Milk <i>636 Calories 724mg Sodium</i>	Beef Hot Dog Baked Beans Broccoli Hot Dog Bun Fresh Fruit Milk Mustard <i>717 Calories 1378mg Sodium</i>	King Ranch Chicken Whole Kernel Corn Sliced Carrots Texas Bread Birthday Cake  Milk <i>715 Calories 770mg Sodium</i>	Salisbury Beef Onion Gravy Lima Beans Summer Vegetables Wheat Bread Fresh Banana Milk <i>683 Calories 912mg Sodium</i>
11/25/2024	11/26/2024	11/27/2024	11/28/2024	11/29/2024
Chicken and Sausage Gumbo+ Cajun Rice Medley Cabbage Texas Bread Fresh Fruit Milk <i>762 Calories 1116mg Sodium</i>	Beef Pepper Steak Scalloped Potatoes Green Beans Wheat Bread Fresh Fruit Milk <i>610 Calories 1226mg Sodium</i>	Thanksgiving Turkey Breast with Gravy* Cornbread Dressing Broccoli Dinner Roll Brownie Milk <i>746 Calories 1380mg Sodium</i>	Closed for Holiday	

* - Turkey

+ - Pork

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