





# NOVEMBER MENU

OCSNP  
5016 NW 10TH STREET  
OKLAHOMA CITY, OK  
73127

Mon	Tue	Wed	Thu	Fri
		1	2	3
<b>"THANKSGIVING IS A TIME TO GIVE, A TIME TO LOVE, &amp; A TIME TO REFLECT ON THE THINGS THAT MATTER MOST IN LIFE."</b>	A recipe for a thankful heart 1 cup of true love 2 cups of kindness 3 cups of grace 1 tsp of patience & forgiveness Pinch of zest for living That's the kind of Thanksgiving meal we're cooking in our lives together!	<b>ROAST PORK LOIN</b> <b>MASHED POTATOES W/GRAVY</b> <b>CALIFORNIA MIXED VEGETABLES</b> <b>CAKE</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>CHICKEN FAJITAS</b> <b>CHILI BEANS</b> <b>CINNAMON CARROTS</b> <b>TORTILLA</b> <b>SALSA</b> <b>BANANA</b> <b>MILK</b>	<b>BEEF STEW</b> <b>GREEN SALAD</b> <b>APPLESAUCE</b> <b>CORNBREAD</b> <b>MILK</b>
6	7	8	9	10
<b>BEEF FRANK</b> <b>BAKED BEANS</b> <b>SAUERKRAUT</b> <b>ORANGE</b> <b>MUSTARD</b> <b>BUN</b> <b>MILK</b>	<b>BBQ CHICKEN</b> <b>CHEESY POTATOES</b> <b>BROCCOLI</b> <b>CAKE</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>TACO SOUP</b> <b>CARROT SALAD</b> <b>COOKIE</b> <b>TORTILLA CHIPS</b> <b>MILK</b>	<b>BEEF, TOMATOES, &amp; MACARONI</b> <b>GREEN PEAS</b> <b>GREEN SALAD</b> <b>HOT SPICED APPLES</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>CHICKEN POT PIE</b> <b>STEAMED CABBAGE</b> <b>HOT FRUIT COMPOTE</b> <b>BISCUIT</b> <b>MILK</b>
13	14	15	16	17
<b>CHICKEN FRIED STEAK</b> <b>POTATOES W/GRAVY</b> <b>BROCCOLI</b> <b>FRESH APPLE</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>PINTO BEANS &amp; HAM</b> <b>CREAMY SLAW</b> <b>TOMATO RELISH</b> <b>CHOCOLATE PUDDING</b> <b>CORNBREAD</b> <b>MILK</b>	<b>TURKEY &amp; DRESSING</b> <b>GLAZED SWEET POTATOES</b> <b>GREEN BEANS</b> <b>COOKIE</b> <b>WHEAT BREAD</b> <b>MILK</b> <b>THANKSGIVING MEAL</b>	<b>TORTILLA SOUP</b> <b>GREEN SALAD</b> <b>ORANGE</b> <b>TORTILLA CHIPS</b> <b>SALSA</b> <b>MILK</b>	<b>HAMBURGER</b> <b>BAKED BEANS</b> <b>POTATO SALAD</b> <b>HOT FRUIT COMPOTE</b> <b>MAYO/MUSTARD</b> <b>BUN</b> <b>MILK</b>
20	21	22	23	24
<b>BBQ PORK</b> <b>BAKED BEANS</b> <b>MIXED VEGETABLES</b> <b>FRESH ORANGE</b> <b>BUN</b> <b>MILK</b>	<b>SALISBURY STEAK</b> <b>MASHED POTATOES W/GRAVY</b> <b>WINTER VEGETABLE MIX</b> <b>CAKE</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>SAUSAGE &amp; GRAVY</b> <b>POTATO CASSEROLE</b> <b>HOT FRUIT COMPOTE</b> <b>BISCUIT</b> <b>ORANGE JUICE</b> <b>MILK</b>		
27	28	29	30	12-1
<b>CHICKEN BREAST</b> <b>MASHED POTATOES W/GRAVY</b> <b>SPINACH</b> <b>LEMON PUDDING</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>GLAZED HAM</b> <b>SCALLOPED POTATOES</b> <b>BROCCOLI &amp; CHEESE</b> <b>CAKE</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>SPAGHETTI &amp; MEAT SAUCE</b> <b>GREEN BEANS</b> <b>GREEN SALAD</b> <b>HOT FRUIT COMPOTE</b> <b>WHEAT BREAD</b> <b>MILK</b>	<b>TUNA SALAD</b> <b>VEGETABLE SOUP</b> <b>PICKLED BEETS</b> <b>ROSY APPLESAUCE</b> <b>WHEAT BREAD (2)</b> <b>MILK</b>	<b>TACO SALAD</b> <b>CHILI BEANS</b> <b>GREEN SALAD</b> <b>HOT BREAD PUDDING</b> <b>TORTILLA CHIPS</b> <b>MILK</b>