

Wood River Senior Center Menu

Call (308) 583-2414 at least 1 day prior to reserve your meal.

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31 Beef/Veg Soup (Hamburger w/ Potato, Carrot, tom. Corn & green bean) Roll, Pears, Cake	1 Chicken Quesadilla Mangoes Refried Beans	2 Spaghetti w. Meat Sauce Italian Veggies Apple Slices	3 Pork Rib on Bun Broccoli Pineapple Cookies	4 Grilled Chicken Patty, Roll Mash Potatoes, Gravy Peaches
7 Turkey Meatballs w/Gravy over Noodles, Corn, Peaches, Roll	8 Ham Sandwich, Broccoli Soup, Fruit Cocktail	9 Sausage Pizza on Flatbread Crust Garden Salad (Romaine, tomato, Carrot, Cheese) Pineapple	10 Sweet & Sour Chicken, Rice, Winter Veg Blend, Oranges, Brownie	11 Veteran's Day Closed
14 BBQ Chicken on Bun, Green Beans, Tropical Fruit	15 Beef Lasagna, Garden Salad, Pears, Garlic Bread Pudding Cup,	16 Grilled Ham & Cheese Sandwich on wheat, Tomato Soup, Apples	17 Chicken Fajitas w/onion/peppers, Rice, Pineapple, Refried Beans,	18 Roast Pork Loin, Roast Veggies, Sliced Peaches, Rolls
21 Turkey, Sweet Potatoes, Green Bean Casserole, Bread Stick Pumpkin Bar	22 Baked Fish, Carrots, Pears, Roll, Brookie	23 Arroz Con Pollo (chicken w/ Rice) Broccoli, Apple Crisp	24 Thanksgiving Closed	25 Closed
28 Oven Fried Chicken, Corn, Pears, Corn Bread, Cookie Fluff	29 Ground Beef, Spanish Rice, Green Beans, Tropical Fruit	30 Pork Chops, Mash Potatoes, Peach Crisp, Rolls		