

CONGREGATE LUNCH MENU

November Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Italian Sausage Egg Noodles Broccoli & Cauliflower Soft Roll Cinnamon Apples	1 Fajita Chicken Bake 5 Way Veggies Tropical Fruit Soft Roll	2 Fried Chicken Breast Macaroni & Cheese Collard Greens Soft Roll Peaches	3 BBQ Shredded Beef Baked Beans Tex-Mex Potatoes Tropical Fruit	4 Chicken Caesar Salad Red Potato Salad Pears Cookie
7 Beef Chili Green Beans Brown Sugar Apples Rice Crackers	8 Cheeseburger Casserole Green Beans Soft Roll Tropical Fruit	9 Hawaiian Chicken BBQ Yellow Rice Brown Sugar Carrots Soft Roll Pineapple Tidbits	10 Hamburger Steak w/ Brown Gravy Mashed Potatoes Peas Peach Betty	11 SRC CLOSED 
14 Chicken & Broccoli Teriyaki Ginger Carrots Pineapple & Peach Betty	15 Baked Spaghetti 5 Way Veggies Soft Roll Pears	16 White Tuscan Chicken & Bean Stew Green Beans Graham Cracker Tropical Fruit	17 BBQ Pulled Pork Lima Beans Yams Soft Roll Fruit Cocktail	18 Tuna Salad Sandwich Potato Salad Diced Pears Oatmeal Cookie
21 BBQ Meatballs Mac 'n Cheese California Veggies Peaches Soft Roll	22 Chicken Tenders Broccoli w/ Cheese Tropical Fruit Mashed Potatoes Oatmeal Cookie	23 Sliced Ham Yams Steamed Broccoli Soft Roll Brown Sugar Apples	24 SRC CLOSED HAPPY THANKSGIVING 	25 SRC CLOSED HAPPY THANKSGIVING 
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CONGREGATE ACTIVITIES PROVIDED AT EACH NUTRITION SATELLITE LOCATION:

Senior Resource Center/Ohana Café:

Fitness for All	M	10a
Spiritual Seniors	M	10:30a
Bingo	T/Th	10:15a
Senior Strength	W	10a
Wellness Walks	F	9a, 10a

Castle Hayne Nutrition Site @ Castle Hayne Baptist Church 4544 Parmele Road Castle Hayne

Bingo	M	9:30a
Geri-Fit	M	10:30a
Puzzle Time	T/W	9:30a
Senior Strength	T	10a
Tai Chi	T	10a
Movin & Groovin	W	10a (NEW!)
Wellness Walk	W	11:30a
Bingo	Th	9:30
Stretch & Tone	Th	10a
Puzzles/Games	F	9:30a
Yoga	F	10a

Katie B Hines Nutrition Site @ Katie B Hines Senior Ctr 308 Cape Fear Blvd Carolina Beach

Exercise (video)	M/Th	9a
Yoga w/Denise	M	10a
MahJongg	M	1p
Tai Chi	T	10a
Bridge/Phase 10	T	1p
Yoga w/Darren	W	9a
Senior Strength	W	10a
Line Dance	W	1p
Geri-Fit	Th	10a
Paint Time	Th	12:30p
Bingo	Th	1p
Board Games	F	10:30a

Monthly Cooking Demonstrations and Nutrition Education is provided at each location! For more information, call 910-798-6420.

The lunch menu is for each of our locations (in-person and drive-up). Dining times vary, please call 910-798-6400 for location details and drive-up options.