

11:30 Wed., NOV 7 SHEERY BRENNAN	11:30 Wed., NOV 14 MICHAEL JOHNSON	11:30 Wed., NOV 21 GEM FIDDLERS	11:30 Wed., NOV 28 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	8:00 am Sat., NOV 10 MARLA GARRETT	8:00 am Sat., NOV 10 BREAKFAST	
NOV 2018	Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving					NOV 2018	
 <p>TWIN FALLS SENIOR CENTER 208-734-5084 530 SHOSHONE STREET W., TWIN FALLS, IDAHO 83301 Center Office Hours Mon-Fri 8:00am to 5:00pm www.tfseniorcenter.com facebook - Twin Falls Senior Center VOLUNTEER DRIVERS & CENTER VOLUNTEERS NEEDED Call today to get started</p>			Bold Italic Salad will go out with Home Delivered Meals (HDM)		Thursday 2018-11-01 AuGratin Shepherd's Pie	Friday 2018-11-02 Caesar Chicken	Saturday 2018-11-03
			Daily HDM Meal Drink Choices 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK		Brown Rice Spinach Salad Green Salad Fruit	Broccoli Raisin Salad Tomato Salad Fruit	
			Daily CENTER Meal Drink Choices WATER TEA COFFEE MILK		Mixed Bean Melody Orange Corn Muffin Butterscotch Pudding	Fettuccini Noodles Italian Blend Vegetables Garlic Bread Pumpkin Choc Chip Cookie	
Sunday 2018-11-04	Monday 2018-11-05 Hot Open Face Deli Roast Beef	Tuesday 2018-11-06 Sweet & Sour Pork	Wednesday 2018-11-07 Chicken Fried Steak	Thursday 2018-11-08 Lasagna	Friday 2018-11-09 Beef Tips w/gravy	Saturday 2018-11-10 \$8 Fundraising Breakfast	
	Macaroni Salad Creamy Grape Salad Fruit Mashed Potatoes w/Gravy Mixed Baked Beans Texas Toast Peanut Butter Bar	Asian Coleslaw Ambrosia Salad Fruit Fried Rice Stir Fried Vegetables Eggroll Mandarin Cupcake	Rainbow Rotini Salad Green Salad Fruit Mashed Potatoes w/Country Gravy Roasted Cauliflower Buttermilk Biscuit Pumpkin Ice Box Cake	Romaine Orange Salad Cranberry Parfait Fruit Sauteed Mushrooms Roll Blondie Brownie	Frog Eye Salad Jello w/fruit Fruit Mashed Potatoes/w gravy Pacific Blend Vegetables Wheat Bread Banana Bar	8:00-10:00 AM Breakfast Frittatas Ham, Sausage, Bacon Potatoes Biscuit & Gravy, Fresh Fruit, Bread Trays Coffee, Milk, & Juice	
Sunday 2018-11-11	Monday 2018-11-12 Bacon Beef Mac & Cheese	Tuesday 2018-11-13 Chicken Rice & Dumplings	Wednesday 2018-11-14 Meatloaf	Thursday 2018-11-15 Turkey-Thanksgiving Lunch	Friday 2018-11-16 Pork Alfredo	Saturday 2018-11-17	
ABCL Unit 400 Bridge 12:00-4:00	Spring Mix Salad Cottage Cheese Fruit Elbow Macaroni 4-Way Blend Vegetables Roll Oatmeal Butterscotch Cookie	Waldorf Salad Cucumber Salad Fruit Garlic Mashed Potatoes Peas & Carrots Banana Cranberry Muffin Tapioca Pudding	Barley Veggie Salad Mixed Green Salad Fruit Mashed Potatoes / Gravy Asparagus Blend Vegetables Wheat Roll Gingerbread Crinkle Cookie	Green Salad Cranberry Jello Salad Stuffing w/gravy Fruit Green Bean Casserole Roll Pumpkin Bar	Pea Salad Romaine Berry Salad Fruit Spinach Fettuccini Noodles Sauteed Mushrooms Garlic Bread Carrot Cake		
Sunday 2018-11-18	Monday 2018-11-19 Fried Chicken	Tuesday 2018-11-20 Beef Stroganoff	Wednesday 2018-11-21 Baked Ham	Thursday 2018-11-22 Thanksgiving	Friday 2018-11-23 Thanksgiving Holiday	Saturday 2018-11-24	
	Mustard Potato Salad Cranberry Parfait Fruit Rice Pilaf Garlic-Rosemary Brussel Sprouts Spoonbread Pumpkin White Choc Cupcake	Loaded Green Salad Carrot Apple Salad Fruit Noodles Caribbean Blend Vegetables Slice of Bread Molasses Cookie	Wild Rice Cranberry Salad Green Salad Fruit Potatoes Boulangere Yams Roll Pumpkin Cheesecake Snickerdoodle	Center Closed for Thanksgiving Holiday 	Center Closed for Thanksgiving Holiday HDM meals will be delivered Tuesday 20th	Center Closed for Thanksgiving Holiday HDM meals will be delivered Wednesday 21st	
Sunday 2018-11-25	Monday 2018-11-26 Swedish Meatballs	Tuesday 2018-11-27 Fish Fillet	Wednesday 2018-11-28 Chicken Bacon Alfredo	Thursday 2018-11-29 Honey Glazed Pork	Friday 2018-11-30 Pot Roast	TFSC MEAL COSTS	
Center Closed for Thanksgiving Holiday HDM meals will be delivered Wednesday 21st	Peaches & Pears Broccoli Salad Fruit Penna Pasta Corn w/peppers Whole Wheat Roll Chocolate Pudding	Creamy Coleslaw Tropical Pear Salad Fruit Cheesy Broccoli Rice Casserole Sunshine Carrots Orange Corn Muffin Pumpkin Oatmeal Cookie	Caesar Salad Cottage Salad w/fruit Fruit Fettuccini Noodles Broccoli Florets Roll Birthday Cake	Spinach Salad Mandarin Orange Salad Fruit Cilantro-Lime Rice Sugar Pea Blend Vegetables Zucchini Bread Pistachio Pudding	Ambrosia w/Acini Di Depe Tomato Cucumber Salad Fruit Mashed Potatoes w/Gravy Braised Vegetables Slice of Wheat Bread Pumpkin Spice Sugar Cookie	Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$3.00 Coffee \$.50 Soup to Go \$3.00	