



ADDITIONAL  
DAILY LUNCH OPTION  
HAM OR TURKEY SANDWICH  
SOUP OR SALAD

Member Dining & Community To Go Orders  
Amazing Lunches Daily for only \$8.00 (includes tax)  
Entree, 2 sides, roll, dessert, tea  
Open M-F 11:00 a.m. – 1:00 p.m.  
Via Health, Fitness & Enrichment Center  
(251) 478-3311

## November 29 - December 10

MONDAY, NOV. 29

SPAGHETTI W/ MEAT SAUCE, GREEN SALAD, FRUIT, ROLL, DESSERT

TUESDAY, NOV. 30

MEAT LOAF, MASHED POTATOES, GREEN BEANS, SALAD, ROLL, DESSERT

WEDNESDAY, DEC. 1

FRIED OR BAKED CHICKEN, POTATOES AU GRATIN, MIXED VEGGIES, SALAD,  
ROLL, DESSERT

THURSDAY, DEC. 2

PULLED PORK, BAKED BEANS, SLICED CARROTS, COLE SLAW, ROLL, DESSERT

FRIDAY, DEC. 3

\$5.00 GRILL SPECIAL: (2) HOT DOGS OR (1) HAMBURGER, CHIPS & DRINK

MONDAY, DEC. 6

SALISBURY STEAK, RICE & GRAVY, CARROTS, SALAD, ROLL, DESSERT

TUESDAY, DEC. 7

GRILLED CHICKEN SALAD, FRUIT CUP, ROLL, DESSERT

WEDNESDAY, DEC. 8

FRIED OR BAKED CHICKEN, MAC & CHEESE, GREENS, TOMATO & CUCUMBER  
SALAD, ROLL, DESSERT

THURSDAY, DEC. 9

RED BEANS & RICE, W/ SAUSAGE, SALAD, CORNBREAD, DESSERT

**\*\*\* FRIDAY, DEC. 10 \*\*\***

VIA MEMBER CHRISTMAS/HOLIDAY LUNCHEON  
(RSVP @ THE WELCOME DESK)