

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>November 2023 Ridge Oak Menu</p>				
		1	2	3
		<u>Asian Delight</u> Wonton Soup General Tso's Chicken Vegetables Rice Crunchy Noodles Almond Cookies	<u>Lunch</u> Fruit Salad Bacon Cheddar Quiche Signature Slaw Whoopie Pie	Protein Packed Salad Lemon Caper Shrimp Grilled Vegetables Potato Au Gratin Chocolate Pecan Pie
6	7	8	9	10
<u>Lunch</u> Tomato Soup Turkey Gobbler Sandwich w/ Cranberry Sauce Crunchy Vegetable Salad Lemon Cookies	 <p>No Meal ELECTION DAY</p>	<u>Bernard's Cafe</u> Tossed Salad Meatloaf Carrots Mashed Potatoes Oreo Mousse Cake	<u>Lunch</u> Tomato, Mozzarella, & Basil Salad BBQ Pulled Chicken on Slider Rolls Creamy Coleslaw Manhattan Chocolate Cake	Lobster Bisque Citrus Glazed Salmon Roasted Butternut Squash Rice Lemon Meringue Pie
13	14	15	16	17
Vegetable Soup Salisbury Steak Tri Color Carrots Cornbread Stuffing Napoleon Cake	Iceberg Wedge Lettuce Salad Pork Spare Ribs Steamed Broccoli Baked Potato Red Velvet Cake	<u>Ridge</u> Caesar Salad Eggplant Rollatini Italian Bread Cannoli	<u>Lunch</u> Cous Cous Salad Hot Beef Sloppy Joe on Slider Rolls Creamy Coleslaw Chocolate Chip Cookies	<u>Thanksgiving Dinner</u> Butternut Squash & Apple Soup Roasted Turkey Gravy Cranberry Sauce Green Beans Mashed Potatoes Herb Stuffing Pumpkin Pie
20	21	22	23	24
Chicken Noodle Soup Chicken Francese Parmesan Crusted Cauliflower Whipped Sweet Potatoes Apple Pie	<u>Birthday Dinner</u> Italian Wedding Soup Beef Stroganoff Egg Noodles Roasted Brussel Sprouts with Cremini Mushrooms Cupcake	<p>No Meal</p>	<p>No Meal</p>  <p>Happy Thanksgiving</p>	<p>No Meal</p>
27	28	29	30	
New England Clam Chowder Italian Seasoned Flounder Broccoli Rabe Rice Pilaf Mango Mousse Cake	Tossed Salad Lemon Chicken Roasted Root Vegetables Roasted Herb Potatoes Chocolate Mousse Cake	<u>Asian Delight</u> Egg Roll Pork Lo Mein Vegetables Crunchy Noodles Almond Cookies	<u>Lunch</u> Tri Color Salad Corned Beef Reuben Pickles Chips Fruit Tart	

Call 908-221-0266, email srivers@ridgeoak.org, or use the Touchtown app to sign up.