

# Meal Site Menu

# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Do you or loved ones have Medicare? Shiip can help if you questions. 1-855-408-1212 or 410-1135</b></p>	<p><b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</b></p>	<p>1 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, &amp; Milk</p>	<p>2 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , &amp; Milk</p>	<p>3 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch , Cabbage &amp; Carrots. Whole Wheat Bread, Banana, Margarine &amp; Milk</p>
<p>6 Sliced Ham, Low Fat Yogurt, Grits, Spiced Peaches, Orange-Tangerine Juice, Biscuit, Jelly, Margarine, &amp; Milk</p>	<p>7 Chicken Noodle Soup, Grape Juice, Winter Blend Vegetables, Captain's Wafers, Mixed Berry Crisp, &amp; Milk</p>	<p>8 Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fruit, Whole Wheat Bread, LD Fudge Round, &amp; Milk</p>	<p>9 Swiss Style Beef Patty, Steamed Rice, Fruit Punch, Okra &amp; Tomatoes, White Dinner Roll, Strawberry Crunch Bar, &amp; Milk</p>	<p>10</p> <p style="text-align: center;"><b>CLOSED</b></p>
<p>13 Sliced Roasted Turkey, American Cheese, Potato Chowder, Broccoli Cuts, Whole Wheat Bread, Apple Crisp, &amp; Milk</p>	<p>14 Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Orange-Tangerine Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickle Slices, &amp; Milk</p>	<p>15 Beef Macaroni w/Tomato, Capri Blend Vegetables, Whole Wheat Bread, Apple Juice, Margarine, &amp; Milk</p>	<p>16 Rotisserie Style Chicken, Seasoned Turnip Greens, Smothered Potatoes, Rye Bread, Cranberry Cake, &amp; Milk</p>	<p>17 Hamburger, American Cheese, Chuckwagon Corn, Lettuce &amp; Tomato, Hamburger Bun, Peach Cobbler, Ketchup, &amp; Milk</p>
<p>20 Chicken Hearty Stew, Black-eyed Peas, Escalloped Apples, Whole Wheat Bread, Grape Juice, &amp; Milk</p>	<p>21 Roast Pork, Pork Gravy, Chantilly Potatoes, Seasoned Green Beans, Orange-Tangerine Juice, Whole Wheat Roll, Cheesecake Pudding, Margarine, &amp; Milk</p>	<p>22 Peach-Orange BBQ Chicken, Macaroni &amp; Cheese, Fruit Punch, Carrots, White Dinner Roll, LD Oatmeal Cookie, &amp; Milk</p>	<p>23</p> <p style="text-align: center;"><b>CLOSED THANKSGIVING HOLIDAY</b></p>	<p>24</p> <p style="text-align: center;"><b>CLOSED THANKSGIVING HOLIDAY</b></p>
<p>27 Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Margarine &amp; Milk</p>	<p>28 Hot Dog w/Chili, Ranch Beans, Carrot Raisin Salad, Hot Dog Bun, Peach Crisp, &amp; Milk</p>	<p>29 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, &amp; Milk</p>	<p>30 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , &amp; Milk</p>	

# East Rockingham Meal Site

135 Safie 6<sup>th</sup> Street, Rockingham, NC 28379  
910-997-8225

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<b>Do you or loved ones have Medicare? Shiip can help if you questions. 1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</b>	1 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	2 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , & Milk	3 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch , Cabbage & Carrots. Whole Wheat Bread, Banana, Margarine & Milk
6 Sliced Ham, Low Fat Yogurt, Grits, Spiced Peaches, Orange-Tangerine Juice, Biscuit, Jelly, Margarine, & Milk	7 <b>CLOSED</b>	8 Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fruit, Whole Wheat Bread, LD Fudge Round, & Milk	9 Swiss Style Beef Patty, Steamed Rice, Fruit Punch, Okra & Tomatoes, White Dinner Roll, Strawberry Crunch Bar, & Milk	10 <b>CLOSED</b>
13 <b>CLOSED</b>	14 Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Orange-Tangerine Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickle Slices, & Milk	15 Beef Macaroni w/Tomato, Capri Blend Vegetables, Whole Wheat Bread, Apple Juice, Margarine, & Milk	16 Rotisserie Style Chicken, Seasoned Turnip Greens, Smothered Potatoes, Rye Bread, Cranberry Cake, & Milk	17 Hamburger, American Cheese, Chuckwagon Corn, Lettuce & Tomato, Hamburger Bun, Peach Cobbler, Ketchup, & Milk
20 Chicken Hearty Stew, Black-eyed Peas, Escalloped Apples, Whole Wheat Bread, Grape Juice, & Milk	21 Roast Pork, Pork Gravy, Chantilly Potatoes, Seasoned Green Beans, Orange-Tangerine Juice, Whole Wheat Roll, Cheesecake Pudding, Margarine, & Milk	22 Peach-Orange BBQ Chicken, Macaroni & Cheese, Fruit Punch, Carrots, White Dinner Roll, LD Oatmeal Cookie, & Milk	23 <b>CLOSED THANKSGIVING HOLIDAY</b>	24 <b>CLOSED THANKSGIVING HOLIDAY</b>
27 Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Margarine & Milk	28 Hot Dog w/Chili, Ranch Beans, Carrot Raisin Salad, Hot Dog Bun, Peach Crisp, & Milk	29 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	30 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , & Milk	

# Ellerbe Meal Site

306 Millstone Road, Ellerbe, NC 28338  
910-652-6006

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<b>Do you or loved ones have Medicare? Shiip can help if you questions. 1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</b>	1 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	2 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , & Milk	3 <b>CLOSED</b>
6 Sliced Ham, Low Fat Yogurt, Grits, Spiced Peaches, Orange-Tangerine Juice, Biscuit, Jelly, Margarine, & Milk	7 <b>CLOSED Fruit Cake Trip</b>	8 Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fruit, Whole Wheat Bread, LD Fudge Round, & Milk	9 Swiss Style Beef Patty, Steamed Rice, Fruit Punch, Okra & Tomatoes, White Dinner Roll, Strawberry Crunch Bar, & Milk	10 <b>CLOSED</b>
13 <b>CLOSED</b>	14 Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Orange-Tangerine Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickle Slices, & Milk	15 Beef Macaroni w/Tomato, Capri Blend Vegetables, Whole Wheat Bread, Apple Juice, Margarine, & Milk	16 Rotisserie Style Chicken, Seasoned Turnip Greens, Smothered Potatoes, Rye Bread, Cranberry Cake, & Milk	17 Hamburger, American Cheese, Chuckwagon Corn, Lettuce & Tomato, Hamburger Bun, Peach Cobbler, Ketchup, & Milk
20 Chicken Hearty Stew, Black-eyed Peas, Escalloped Apples, Whole Wheat Bread, Grape Juice, & Milk	21 Roast Pork, Pork Gravy, Chantilly Potatoes, Seasoned Green Beans, Orange-Tangerine Juice, Whole Wheat Roll, Cheesecake Pudding, Margarine, & Milk	22 Peach-Orange BBQ Chicken, Macaroni & Cheese, Fruit Punch, Carrots, White Dinner Roll, LD Oatmeal Cookie, & Milk	23 <b>CLOSED THANKSGIVING HOLIDAY</b>	24 <b>CLOSED THANKSGIVING HOLIDAY</b>
27 Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Margarine & Milk	28 <b>CLOSED Pamper Day</b>	29 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	30 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , & Milk	

# Hamlet Meal Site

102 Veterans Drive, Hamlet, NC 28345  
910-582-7985

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<b>Do you or loved ones have Medicare? Shiip can help if you questions. 1-855-408-1212 or 410-1135</b>	<b>Save your Pop Tabs to help raise money for the Ronald McDonald House. Give them to the senior centers.</b>	1 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	2 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , & Milk	3 A-1 Chopped Steak, Brown Gravy, Rice Pilaf, Fruit Punch , Cabbage & Carrots. Whole Wheat Bread, Banana, Margarine & Milk
6 Sliced Ham, Low Fat Yogurt, Grits, Spiced Peaches, Orange-Tangerine Juice, Biscuit, Jelly, Margarine, & Milk	7 <b>CLOSED</b>	8 <b>CLOSED</b>	9 Swiss Style Beef Patty, Steamed Rice, Fruit Punch, Okra & Tomatoes, White Dinner Roll, Strawberry Crunch Bar, & Milk	10 <b>CLOSED</b>
13 <b>CLOSED</b>	14 Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Orange-Tangerine Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickle Slices, & Milk	15 Beef Macaroni w/Tomato, Capri Blend Vegetables, Whole Wheat Bread, Apple Juice, Margarine, & Milk	16 Rotisserie Style Chicken, Seasoned Turnip Greens, Smothered Potatoes, Rye Bread, Cranberry Cake, & Milk	17 <b>CLOSED</b>
20 Chicken Hearty Stew, Black-eyed Peas, Escalloped Apples, Whole Wheat Bread, Grape Juice, & Milk	21 Roast Pork, Pork Gravy, Chantilly Potatoes, Seasoned Green Beans, Orange-Tangerine Juice, Whole Wheat Roll, Cheesecake Pudding, Margarine, & Milk	22 Peach-Orange BBQ Chicken, Macaroni & Cheese, Fruit Punch, Carrots, White Dinner Roll, LD Oatmeal Cookie, & Milk	23 <b>CLOSED THANKSGIVING HOLIDAY</b>	24 <b>CLOSED THANKSGIVING HOLIDAY</b>
27 Calypso Chicken, Italian Squash, Carrots, Rye Bread, LD Star Crunch, Margarine & Milk	28 Hot Dog w/Chili, Ranch Beans, Carrot Raisin Salad, Hot Dog Bun, Peach Crisp, & Milk	29 Baked Spaghetti Casserole, Green Peas , Green Garden Salad , Texas Toast, Escalloped Apples, & Milk	30 BBQ Pulled Pork, Baked Beans, Cole Slaw, Hamburger Bun, Orange-Tangerine Juice , & Milk	