ILLINOIS VALLEY
SENIOR NUTRITION

Good Food Brighter Days

Jerseyville: 618-498-3483 | Carrollton: 217-942-6414
Carlinville: 217-716-2337 | Benld: 217-835-3174

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **BBQ Pork / Bun** Scalloped Potatoes Carrots Tropical Fruit	**3** CLOSED	**4** **Chicken Bacon Ranch Pasta** Garlic Bread Wax Beans Mandarin Oranges	**5** **Chicken & Dumplings** Bread Zucchini & Tomato Salad Pineapple	**6** **Salisbury Steak / Bread** Baked Potato Broccoli Plums
9 **Beef Tips in Gravy** Bread Mashed Potatoes Lima Beans Tropical Fruit	**10** **BBQ Johnny Rib** Bun Tater Tots Butter Beans Fruit Cocktail	**11** CLOSED	**12** **Chicken Salad** Bread Tomato Soup Good Vegetable Salad Peaches	**13** **Beef Pepper Steak** Bread Parsley Potatoes Peas & Carrots Pineapple
16 **Beef and Noodles** Dinner Roll Peas Pears	**17** **Sausage Patties w/ Gravy** Biscuit Oven Roasted Potatoes Brussel Sprouts Pineapple	**18** **Chicken Fettucini Alfredo** Garlic Bread Broccoli Fruit Cocktail	**19** **Minestrone Soup w/ Beans** Dinner Roll Pickled Beets Peaches	**20** **Hamburgers** Bun Tator Tots Baked Beans Applesauce
23 **Polish Sausage & Sauerkraut** Bread Mashed Potatoes w/ Gravy Lima Beans Applesauce	**24** **Chicken Pot Pie** Biscuit Tropical Fruit	**25** **Turkey** Mashed Potatoes w/ Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Fluff	**26** CLOSED	**27** CLOSED
30 **Swedish Meatballs w/ Noodles** Bread Spinach Peaches	Thankful for Good Food and Great People			

Reservations must be made by 11:00 am daily.
Please notify your center of any cancellations.

If you are in need of a diabetic dessert substitute, please notify your local nutrition site.

Menu subject to change based on product availability.
2% milk served daily

Please make checks payable to **IVEDC, PO Box 431, Jerseyville, IL 62052**

Approved by: Rebecca Shinn, RD LDN