

# November 2021 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
1 Chicken Fried Chicken - Roasted Pork Oreganata	2 Cranberry Dijon Pork Loin - Seafood Creole	3 Beef Chimichurri - Chicken Parmesan	4 Yucatan Tilapia - Mushroom Stroganoff	5 Turkish Chickpea Salad - Beef Stew
8 Korean Veggie Bibimbap - Beef Chili With Cornbread	9 Country Chicken & Biscuit - Manicotti	10 Pork Cutlets & Apple Slaw - Rustic Cod	11 <b>Café Closed</b> <b>Veterans Day</b>	12 Catfish - Italian Sausage with Peppers &
15 Mushroom Penne - Fish & Chips	16 Baja Barramundi - Eggplant Parmesan	17 Chicken Orzo - Sweet & Sour Pork	18 Mojo Pork Loin - Mama's Meatloaf	19 Bavette Steak - Lemon Butter Chicken
22 Cauliflower Steak - Tortilla Crusted Tilapia	23 Salmon - Spaghetti & Meatballs	24 Turkey Dinner	25 <b>Café Closed</b> <b>Thanksgiving</b>	26 <b>Café Closed</b>
29 Zucchini Pomo-doro Penne Bake - Chicken Patty & Mashed Potatoes	30 Pork Chops - Beef Pepper Steak		Eat Well Café Open 11–1:00 Weekdays Sara Steinman, Café Manager Max Machuca, Chef	