Put me on your fridge!

Lunch Menu

NOVEMBER 2016

Onslow County Consolidated Human Services Agency Mission Statement

Onslow County Consolidated Human Services Agency delivers supportive, social, economic, protective and health services that build better lives for individuals and families.

Mon	Tue	Wed	Thu	Fri
	1 Chili Con Carne Corn Bread Chocolate Pudding Pack Milk	2 Sliced Turkey w/gravy Baby Lima Beans Sliced Peaches Med. Sweet Potato White Wheat Bread Milk	3 Roast Beef w/gravy Green Peas Sliced Apples Buttered Mash Potatoes White Wheat Bread Gingersnap Cookie Milk	4 Baked Chicken Breast w/ Mushroom Sauce Green Beans Orange Juice Buttered Noodles Biscuit Milk
7 Meatloaf w/gravy Turnip Greens Sliced Pineapple Scalloped Potatoes White Wheat Bread Raisins Milk	8 BBQ Chicken Breast Broccoli Spears Peach Halves Buttered Steamed Rice Corn Bread Milk	9 Hamburger w/lettuce & tomatoes Potato Wedges Sliced Apples White Wheat Bun Vanilla Yogurt Milk	10 Fish Sandwich Green Peas Cole Slaw White Wheat Bun Cherry Jello Milk	11 CLOSED
14 Baked Chicken Breast Steamed Cabbage Lima Beans Buttered Noodles Corn Muffin/Applesauce Milk	15 BBQ Pulled Pork on Bun Pinto Beans Cole Slaw Milk	16 Spaghetti w/meat sauce Salad/Italian dressing Peach Halves Soft Bread Sticks Sugar Cookie Milk	17 Sliced Roast Turkey w/ gravy Broccoli Cuts Mashed Potatoes Fruit Cocktail/Cool Whip Dinner Roll/Milk	18 Beef Stew Dinner Roll Pears Milk
21 Swedish Meatballs w/ noodles Carrots/Cauliflower White Wheat Bread Vanilla Sandwich Cookie Milk	22 Baked Parmesan Chicken Collard Greens Mashed Potatoes Pineapple Chunks White Wheat Bread Milk	23 Sliced Pork w/gravy Garden Peas Mashed Sweet Potatoes Fruit Cocktail White Wheat Bread Milk	24 CLOSED 	25 CLOSED
28 Baked Chicken Breast Steamed Cabbage Lima Beans Buttered Noodles Corn Muffin/Applesauce Milk	29 BBQ Pulled Pork on Bun Pinto Beans Cole Slaw Milk	30 Spaghetti w/meat sauce Salad/Italian dressing Peach Halves Soft Bread Sticks Sugar Cookie Milk		

Meals are available at 11:45am Monday thru Friday at Onslow Senior Services main site and OCSS Nutrition Sites for persons 60 and older. **VOLUNTEER CONTRIBUTIONS** for your meals are appreciated. Contributions are used to expand services so more people may participate in these programs. **ALL** persons under 60 the meal cost is $5.00. **Meals MUST be eaten at the sites.** Reservations for lunch must be made before 12 noon the day before you want to eat. To order a meal call 910-989-3006 or 910-989-3013.