November 2026 Lunch Menu: Cambridge Senior Center

(meals subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
November 2 Spaghetti and Meatballs Roasted Broccoli and Peppers Garlic Knots Cookie	**November 3** Chicken and Waffles w/ Sugar Free Syrup Green Beans Fruit Salad	**November 4** Beef Burrito Bowl Rice and Beans Roasted Peppers and Onions Peach Cup	**November 5** Honey Lime Chicken Roasted Sweet Potatoes Sauteed Spinach Dinner Roll Jello	**No lunch on Fridays**
November 9 Teriyaki Chicken Brown Rice Roasted Carrots Whole Grain Bun Chocolate Pudding	**November 10** Tex Mex Chicken Soup Grilled Cheese Sandwich Carrot Sticks Apples	**November 11** **Closed – Veterans Day**	**November 12** Chicken Parmesan Whole Grain Buns Roasted Broccoli Lemon Cookie	
November 16 Chicken and Broccoli Alfredo Steamed Carrots Dinner Roll Vanilla Pudding	**November 17** Breaded Fish and Lemon Brown Rice Green Beans and Red Peppers Pear Cup	**November 18** Turkey Dinner w/ Gravy Mashed Potatoes and Stuffing Green Beans Dinner Roll Pumpkin Pie	**November 19** Baked Ziti w/ Meat Sauce or Plain Sauce Roasted Zucchini Bread Slice Banana	
November 23 Roasted Chicken w/ Apple and Onion Mashed Sweet Potato Green Peas Apple Slices	**November 24** Beef Empanadas Rice and Beans Roasted Corn and Peppers Oranges	**November 25** Chicken Creole w/ Pasta Roasted Cauliflower Bread Slice Cookie	**November 26** **Closed – Thanksgiving**	
November 30 Stuffed Peppers w/ Rice and Beef Roasted Broccoli Garlic Knots Cookie				Cambridge Council on Aging