Helping Harvest Community KITCHEN

November 2026

berksencore delivers MEALS on WHEELS BERKS COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger 4oz Whole Wheat Bun Lettuce, Tomato, Onion Potato Planks ½ cup Fruit Milk	**3** Dave's Pork chop 4oz Roasted Potatoes ½ cup Mixed Vegetables ½ cup Fruit Milk	**4** Tuna Stuffed tomato 8oz Pasta Salad 4oz Fruit Roll Milk	**5** Grilled Chicken 4 oz Romaine Caesar salad 2 cups Crouton 1/4 cup Fruit Milk	**6** Mediterranean Chicken 4oz Roasted Potatoes ½ cup Carrots ½ cup Fruit Milk
9 Baked Tilapia 4oz Citrus Dill sauce 2oz Rice ½ cup California Vegetables ½ cup Fruit Milk	**10** Mild Jerk Chicken 4oz Coconut Rice ½ cup Peas & Carrots ½ cup Fruit Milk	**11** Cheese Ravioli 9 oz Marinara 2oz California Vegetables ½ cup Fruit Milk	**12** Orange Sesame Pork 4oz Roasted Potatoes ½ cup Carrots ½ cup Fruit Milk	**13** Turkey Tetrazzini 8oz Egg Noodles ½ cup Green Beans ½ cup Fruit Milk
16 Chicken Primavera Chicken Breast 4oz Vegetable Cream Sauce 4oz Whole Wheat Penne ½ cup Fruit Milk	**17** Baked Pollack 4 oz Mac & Cheese 4 oz Stewed Tomatoes ½ c Spinach ½ cup Fruit 4 oz Milk	**18** Sliced Turkey w/Gravy 4oz Sweet Potatoes ½ cup Green Beans ½ cup Cranberry Sauce 1oz Roll Milk	**19** Stuffed Pepper 8oz Tomato Sauce 2oz Brown Rice ½ cup Corn ½ cup Fruit Milk	**20** Pork Carnitas 4oz Cilantro lime Rice ½ cup Seasoned Beans ½ cup Fruit Milk
23 Salisbury Steak w/Gravy 4oz Mashed Potatoes ½ cup Carrots ½ cup Fruit Milk	**24** Chicken Fajitas 4 oz Onions & Peppers 1 cup Whole Grain Tortilla 2 ea Fruit 4 oz Milk	**25** Beef Stroganoff 4 oz Egg Noodles ½ cup Carrots ½ cup Fruit Milk	**26** **Thanksgiving Day Holiday Centers are closed**	**27** **Day After Thanksgiving Holiday Centers are closed**
30 Lloyds Chicken Salad 4oz Lettuce, Tomato, Onion Whole Wheat Bun Tossed Salad 1 cup Fruit Milk			***To Cancel a Lunch*** ***Please contact Your center***	**Meals Funded by:** Berks County AREA AGENCY ON AGING Services and Support for Berks County Seniors