NOVEMBER 2026

COUNCIL ON AGING OF CENTRAL OREGON
SISTERS

MON	TUE	WED	THU	FRI
	EN PERSONA & MOW	MOW & GRAB N' GO	MOW & GRAB N' GO	
2 Frozen Meal	3 Baked Mac N' Cheese with Chicken Vegetables Seasonal Salad and Fruit	4 Chef's Special	5 Broccoli Cheddar Soup Three Bean Salad Roll with Butter Fruit	6 Frozen Meal
9 Frozen Meal	10 Beef and Bean Chili Baked Potato Steamed Vegetables Side Salad and Fruit ***Extra meal delivered for 11/11 closure**	**11 Closed for Veterans Day** ***Food delivered on 11/10**	12 Herbed Pork Loin Sweet Potato Puree Roast Winter Root Vegetables Fruit	13 Frozen Meal
16 Frozen Meal	17 Taco Salad Fruit	18 Roast Greek Chicken Lemon RIce w/ Tzatziki Sauce Mediterranean Side Salad Fruit	19 Chef's Special House Dessert	20 Frozen Meal
23 Frozen Meal	24 In-person Dining: Thanksgiving Meal Meals on Wheels: Chef's Special	25 Roast Turkey Mashed Potatoes with Gravy Green Beans Cranberry Sauce Roll with Butter + Apple Crumble ***Extra meal delivered for 11/26 closure**	**26 CLOSED FOR HOLIDAY** ***Food delivered 11/25** Happy Thanksgiving	**27 CLOSED FOR HOLIDAY** Frozen Meal
30 Frozen Meal	TUESDAY PROGRAMS START AT 11:30 11/3 - BP w/ Katie 11/10 - Nutrition Presentation 11/17 - Magic w/ James 11/24 - Free Play		**MILK OR JUICE AVAILABLE**	