# November 2026



Name:_____

Route:_____

**To ensure availability please return menu choices by October 15th, and dont forget your name at the top!**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>**Autumn Chicken Stew**<br>Quinoa & Broccoli | **3**<br>**Beef Brisket**<br>Broccoli & Potato<br>golden corral | **4**<br>**Sesame Chicken**<br>Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots | **5**<br>**Beef Pot Roast**<br>Tomato Gravy, Roasted Potatoes, Broccoli, Cauliflower & Carrots | **6**<br>**Moroccan Vegetable Stew**<br>Brown RIce, Peas, & Carrots |
| **9**<br>**Beef & Sweet Potato Chili**<br>Corn | **10**<br>**Apricot Chicken**<br>Vegetable Rice Medley, Zucchini & Peas | **11**<br>**CLOSED FOR THE HOLIDAY** | **12**<br>**BBQ Pork Rib Patty**<br>Roasted Sweet Potato, Corn, Black Bean Fiesta, & Broccoli | **13**<br>**Hunter Style Chicken**<br>Roasted Potato & Broccoli |
| **16**<br>**Beef Pot Roast**<br>Rice, Beans, Potatoes Broccoli, Cauliflower & Carrots | **17**<br>**Chicken Jambalaya**<br>Rice & Green Beans | **18**<br>**Pineapple Pork Riblet**<br>Jasmine Rice & Green Beans | **19**<br>**Chicken with Salsa**<br>Southwest Brown Rice & Green Beans | **20**<br>**Beef & Rice with Enchilada Sauce**<br>Green Beans & Corn |
| **23**<br>**Beef Stir Fry**<br>Broccoli, Bean Sprouts, Edamame & Brown Rice | **24**<br>**Hunter Style Chicken**<br>Roasted Potato & Broccoli | **25**<br>**Beef Pot Roast**<br>Tomato Gravy, Roasted Potatoes, Broccoli, Cauliflower, & Carrots | **26**<br>**CLOSED FOR THE HOLIDAY** | **27**<br>**Sweet Potato Chili**<br>Southwest Brown Rice Medley & Peas |
| **30**<br>**Channa Masala**<br>Basmati Rice & Broccoli | **Remember:**<br>**Do NOT vent or pierce film when microwaving, this causes the food to dry out.**<br>**Please wash fresh fruit before eating.**<br>**Suggested Donation is $4.00 per meal.** | | | |




# What is the Diabetes Plate?

**The Diabetes Plate is the easiest way to create healthy low-carb meals that can help you manage your blood glucose (blood sugar). Using the Diabetes Plate, you can create a meal with a healthy balance of vegetables, protein, and carbs—without any counting, calculating, weighing, or measuring. All you need is a plate!**

**1. Fill 1/2 your plate with non-starchy vegetables.**
**Non-starchy vegetables are lower in carbs, so they don't raise your blood glucose very much. They are also higher in fiber, vitamins, and minerals—making them an important part of a healthy diet and what some people call "superstar foods". Filling half your plate with non-starchy vegetables means you will get plenty of servings.**

**2. Fill 1/4 of your plate with lean protein foods**
**Foods high in protein such as fish, chicken, lean beef, soy foods, and cheese are all considered protein foods.**
**Proteins foods (especially those from animal sources) usually contain saturated fat, which can increase your risk of heart disease. Lean proteins are lower in both fat and saturated fat, making them a healthier choice.**

**3. Fill 1/4 of your plate with quality carbohydrate foods**
**Foods that are higher in carbs include starchy vegetables, beans/legumes, fruits, whole grains, low fat milk and yogurt.**
**Limiting your portion of carbohydrate foods to one-quarter of your plate can help keep blood glucose from rising too high after meals.**

**4. Choose water or a zero calorie drink**
**Water is the best choice because it contains no calories or carbs and has no effect on blood glucose. Other zero- or low-calorie drink options include:**

**For more nutritional information about our meals, please see our website.**

| Site Location | Manager | Phone Number |
|---|---|---|
| Merrimack & Nashua | Scott | 603-882-2106 |
| Milford | Jesse | 603-673-4094 |
| Manchester & Goffstown | Jessie | 603-669-1699 |
| Peterborough | Mary | 603-878-3109 |

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