

NOVEMBER
2026
Menu



CAP AGENCY
CONGREGATE DINING and
HOME DELIVERED MEALS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.



FOR YOUR
DINING
PLEASURE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Sloppy Joes Hamburger Bun Au Gratin Potatoes Diced Peaches Brownie	Baked Pollock with Lemon Dill Sauce Roasted Potatoes Creamy Spinach Wheat Bread/Butter Fruit Cocktail <i>Alternate: Baked Chicken Breast</i>	Chicken Carnitas Cilantro Lime Rice Fajita Blend Vegetables Mexican Corn Flour Tortillas Churros Taco Sauce	Chili Roasted Potatoes Cornbread/Butter Diced Pears Sour Cream	Breaded Drumstick Mac and Cheese Corn Banana Fudge Round Cookie BBQ Sauce
9	10	11	12	13
Meatloaf with Glaze Mashed Potatoes With Brown Gravy Peas w/ Pearl Onions Dinner Roll/Butter Lemon Bar	Breaded Chicken Breast With Marsala Sauce Rice Pilaf Cooked Carrots Chocolate Chip Cookie Mandarin Oranges	SITE CLOSED <i>Meal delivered on 11/10</i> Penne Pasta with Meat Sauce Mixed Vegetables Tropical Fruit Parmesan Cheese	Pulled Pork Hamburger Bun Potato Wedges Coleslaw Butterscotch Pudding BBQ Sauce/Ketchup <i>Alternate: Pulled Chicken</i>	Shrimp Fried Brown Rice Asian Green Beans Vegetable Egg Roll Banana Soy Sauce Packet <i>Alternate: Chicken Fried Rice</i>
16	17	18	19	20
Philly Cheesesteak Casserole Italian Blend Vegetables Breadstick/Butter Strawberry Applesauce Carnival Cookie	Chicken Wild Rice Casserole Steamed Carrots Diced Pears White Bread/Butter Blondie Bar	Thanksgiving Meal Roast Turkey Stuffing Mashed Potatoes/Gravy Green Bean Casserole Cranberry Sauce Dinner Roll/Butter Pumpkin Pie	Crab Stuffed Pollock Orzo Florentine Steamed Broccoli Diced Peaches Tartar Sauce <i>Alternate: Chicken Kiev</i>	Chicken Breast Dijon Cream Sauce Roasted Potatoes Peas Dinner Roll/Butter Banana
23	24	25	26	27
Scalloped Potatoes With Turkey Peas Wheat Bread/Butter Diced Peaches	Coconut Lime Chicken Basmati Rice Cooked Carrots Diced Pears Lemon Bar	Roast Beef Mashed Potatoes with Brown Gravy Green Beans Dinner Roll/Butter Yellow Cake with Chocolate Frosting	SITE CLOSED Cheeseburger With Swiss Cheese Hamburger Bun Mixed Vegetables Coleslaw <i>Ketchup & Mustard</i>	SITE CLOSED Popcorn Chicken Mashed Potatoes with Poultry Gravy Corn White Bread/Butter Pineapple Tidbits
30	Dec. 1	Dec. 2	Dec. 3	Dec. 4
Swedish Meatballs Egg Noodles Grean Beans Fruit Cocktail Blondie Bar	Cheese Omelet Cheesy Potatoes English Muffin Hot Sliced Apples Butter/Jelly	Bratwurst Sauerkraut Hot Dog Bun Baked Beans Tropical Fruit Oatmeal Cream Pie <i>Ketchup/Mustard</i> <i>Alternate: Beef Hot Dog</i>	Chicken Breast Mediterranean Sauce Rotini Noodles Vegetable Blend Mandarin Oranges	Lemon Pepper Tilapia Brown Rice Florentine Roasted Root Vegetables Banana Cheesecake Cup Tartar Sauce <i>Alternate: Lemon Pepper Chicken</i>

Meal Reservations must be made one week in advance. Please cancel meals with your site coordinator ASAP.
Meals include 1% milk and butter when bread is served. Please inquire with program staff regarding special diets. We use fresh, light or juice packed fruits; vegetables are served without salt. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below, Monday through Friday mornings. Thank you for dining with CAP Agency Senior Nutrition!

SENIOR NUTRITION SITES					
SCOTT COUNTY		CARVER COUNTY		DAKOTA COUNTY	
Belle Plaine	952-873-6311	Chaska/Carver/Victoria	952-297-0154	Apple Valley	612-669-2910
Jordan	952-492-2208	Chanhassen	952-442-5478	Eagan	952-402-9855
New Prague	952-492-2208	Waconia/NYA/Cologne	952-442-5478	Farmington	612-940-9590
Prior Lake	612-669-2911			Inver Grove Heights	612-987-9321
Shakopee	952-402-9814			Lakeville	612-669-2913
				Mendota Heights	612-987-9321
				Rosemount	612-669-2910

CAP Agency Senior Nutrition is funded through the Federal Older Americans Act by a contract with MAAA-Metropolitan Area Agency on Aging, state appropriations, CAP Agency and participant contributions. Your comments are welcome. Program staff can be reached at 952-402-9855.