

November 2022



# FEAST Curbside Pickup



58 Barre Street  
Montpelier, VT 05602

Tuesdays and Fridays  
12-12:30pm

Suggested Donation:  
\$5-10

Our meals are free for  
adults over 60.

Donations benefit the FEAST  
Senior Meal Programs, a col-  
laboration between the Central  
Vermont Council on Aging and  
the City of Montpelier.

Supported by:



## Tuesday, November 1st

Cranberry Orange Glazed Chicken, Seasonal Veggies, Rice Pilaf, Roll, Fresh Fruit, 1% Milk, Dessert.

Vegetarian Option: Tofu Satay Thai

## Friday, November 4th

Shepherd's Pie, Seasonal Veggies, Roasted Squash, Roll, Fresh Fruit, 1% Milk.

Vegetarian Option: Stuffed Mushrooms.

## Tuesday, November 8th

Lemon Thyme Herbed Chicken, Roll, Fresh Fruit, 1% Milk, Dessert.

Vegetarian Option: Lentil Croquettes.

## Friday, November 11th

Closed for Veterans Day.

## Tuesday, November 15th

Smothered Chicken Burritos, Seasonal Veggies, Corn Bread, 1% Milk, Dessert.

Vegetarian Option: Red Beans & Brown Rice.

## Friday, November 18th

Freezer Meal, Fresh Fruit, 1% Milk.

## Tuesday, November 22nd

Freezer Meal, Fresh Fruit, 1% Milk.

## Wednesday, November 23rd

Free Thanksgiving Meal - Bethany Church or National Life Group entrance - 11 am - 3 pm (Delivery available). To reserve a meal, call (802) 229-7300 or email [giving@nationallife.com](mailto:giving@nationallife.com) by November 17th.

## Friday, November 25th

Closed for Thanksgiving

## Tuesday, November 29th

Seared Chicken Breast with Pesto, Tomato, & Capers, Seasonal Veggies, Polenta Roll, Fresh Fruit, 1% Milk.

Vegetarian Option: Curry Eggplant with Tomatoes.

**Important Notice: The Montpelier Senior Activity Center will be closed on 11/11, 11/24, and 11/25 for the holidays. Please make arrangements for meals ahead of time. Thank you!**