



MEALS ON WHEELS

October 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<u>MEATLOAF</u> Mashed Potatoes Peas Pear Cup	<u>GINGER HONEY GLAZED PORK</u> Brown Rice Broccoli Mandarin Orange Cup Dessert Alt: Ginger Honey Glazed Chicken	<u>CHICKEN WILD RICE SOUP</u> Green Beans Fruit Cocktail Dessert	<u>New: HARVEST SALAD (Cold)</u> Mixed Fruit Cup Dessert
7	8	9	10	11
<u>New: BAKED FISH WITH HERB SAUCE</u> Barley Risotto Brussel Sprouts Dessert Alt: Baked Chicken with Herb Sauce	<u>BEEF LASAGNA</u> Corn, Carrots, & Green beans Peach Cup	<u>New: CHICKEN DUMPLING STEW</u> Green Beans Fresh Fruit Cup Dessert	<u>SOUTHWEST TURKEY TACO BOWL</u> Black Beans & Rice Italian Vegetable Blend Pineapple Cup Dessert	<u>BEEF SLOPPY JOE</u> Whole Wheat Hamburger Bun Roasted Potato Hash Broccoli Pear Cup
14	15	16	17	18
<u>MACARONI & CHEESE</u> California Medley Fruit Cup Dessert	<u>GARLIC SALMON BOWL</u> Brown Rice Edamame Mandarin Orange Cup Dessert Alt: Garlic Chicken Bowl	<u>SPAGHETTI W/ MEAT SAUCE</u> 5-Way Vegetable Medley Peach Cup Dessert	<u>New: BEET AND ARUGULA SALAD WITH CHICKEN (Cold)</u> Applesauce Cup	<u>BAKED HAM W/ MUSTARD APPLE GLAZE</u> Mashed Potatoes Green Beans Dinner Roll w/butter Mixed Fruit Cup Alt: Baked Chicken w/ Mustard Apple Glaze
21	22	23	24	25
<u>New: LENTIL TACO BOWL</u> Spanish Rice Broccoli, Green beans, Carrots, Red pepper Pear Cup	<u>SALSBURY STEAK</u> Whole Wheat Egg Noodles with Mushroom Gravy Peas & Carrots Mixed Fruit Cup	<u>COCONUT CURRY FISH</u> White Rice Peas Dessert Alt: Coconut Curry Chicken	<u>New: GREEK CHICKEN PASTA</u> Whole Wheat Pasta Diced Carrots Cinnamon Applesauce Dessert	<u>TATER TOT HOT DISH</u> Shredded Cheddar Cheese Vegetable Medley Dessert
28	29	30	31	
<u>CHEESEBURGER</u> Whole Wheat Bun Cheddar Cheese Vegetarian Baked Beans Applesauce Cup	<u>New: SWEET POTATO BEAN CHILI</u> Cauliflower Florets Cornbread Muffin w/butter Peach Cup	<u>THREE CHEESE PASTA WITH TURKEY</u> Whole Wheat Penne Pasta 5-Way Vegetable Medley Fresh Fruit Cup	<u>GINGER SOY FISH</u> Brown Rice Asian Vegetable Medley Pineapple Cup Dessert Alt: Ginger Soy Chicken	

We do our best to accommodate choices, however meal substitutions may be necessary based on availability. Beverage choice of milk or juice is served with every meal. Call to order weekend meals. Monthly choice meals are:

- 1) Tater Tot Hot Dish
- 2) Salisbury Steak

- 3) Bean Vera Cruz
- 4) Ginger Soy Fish