



# MEALS ON WHEELS

## October 2021 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				<b>1</b>
				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b><u>New! CHICKEN AND DUMPLINGS</u></b> With carrots and potatoes Brussels Sprouts Fruit Cocktail</p>	<p><b><u>GARLIC SALMON</u></b> Wild rice pilaf Peppers and onions Fresh fruit cup Lemon bar <i>Alt: Garlic Chicken</i></p>	<p><b><u>ROSEMARY CHICKEN</u></b> seasoned chicken breast roasted potatoes sliced beets warm diced peaches dinner roll &amp; butter</p>	<p><b><u>HOT HAM AND CHEESE SANDWICH</u></b> Ham, Swiss cheese, cream sauce, bread Scandinavian Veg. blend Zucchini muffin <i>Alt: Hot chicken &amp; cheese sandwich</i></p>	<p><b><u>BEEF CHILI</u></b> ground beef and beans in a hearty tomato sauce sliced carrots applesauce Corn muffin</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b><u>GREEK CHICKEN PASTA</u></b> with artichoke hearts, sundried tomato, green beans Cinnamon Coffee Cake Muffin</p>	<p><b><u>SPAGHETTI WITH MEAT SAUCE</u></b> ground beef and tomato sauce with noodles steamed broccoli warm pears lemon white chocolate chip cookie</p>	<p><b><u>NEW! HONEY GARLIC CHICKEN</u></b> Roasted potatoes Corn Pineapple Roll with butter</p>	<p><b><u>BAKED MAHI MAHI</u></b> fish fillet pieces in a creamy spinach sauce over egg noodles Italian vegetables chocolate pudding <i>Alt: Baked Chicken</i></p>	<p><b><u>BREAKFAST HASH</u></b> Cheesy scrambled eggs over potatoes with turkey sausage Warm diced pears English Muffin and butter</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b><u>NEW! TUNA CROQUETTES</u></b> With egg noodles Vegetable Medley Oatmeal Butterscotch Cookie <i>Alt: Chicken croquettes</i></p>	<p><b><u>BEEF LASAGNA</u></b> Broccoli Baked Apples Spice Cookie</p>	<p><b><u>SWEET &amp; SOUR CHICKEN</u></b> with pineapple and peppers Asian vegetable blend brown rice chocolate sea salt cookie</p>	<p><b><u>BEEF MEATLOAF</u></b> mashed potatoes California vegetables fruit cocktail dinner roll &amp; butter</p>	<p><b><u>PARMESAN CRUSTED FISH</u></b> over brown rice pilaf California vegetables Snickerdoodle cookie <i>alt: Parm crusted chicken</i></p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b><u>TURKEY TETRAZZINI</u></b> turkey and egg noodles in a cream sauce steamed broccoli baked apples spice cookie</p>	<p><b><u>BBQ BEEF SANDWICH</u></b> Multigrain hamburger bun Peas and carrots Watermelon</p>	<p><b><u>HERB ROASTED PORK LOIN</u></b> with gravy, mashed sweet potatoes green beans roll &amp; butter date and fig cookie <i>alt: Herb Roasted Chicken</i></p>	<p><b><u>BAKED HAM</u></b> with mustard-apple glaze scalloped potatoes brussels sprouts multigrain roll &amp; butter fresh fruit cup <i>alt: Baked Chicken</i></p>	<p><b><u>NEW! MUSTARD HERB FISH</u></b> Grits Vegetable Medley Sugar Cookie <i>alt: Mustard Herb Chicken</i></p>

To enroll in Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal.  
Call to order weekend meals. Monthly choice meals are:

- 1) Grilled Chicken Breast with Gravy
- 2) Beef Chili
- 3) Vegetable Sweet and Sour
- 4) Tuna Melt