

Meals on Wheels and More

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Taco Salad Cornbread Orange Wedges</p>	<p>2</p> <p>Lemon Herb Rockfish Wild Rice Pilaf Steamed Broccoli 🥦 Garden Salad Fresh Fruit Medley</p>	<p><i>Oktoberfest Lunch</i> 3</p> <p>Beer Brats w/ WW Bun Rotkraut(Red Cabbage) Roasted Carrots Garden Salad Black Cherry Choc Cake</p>	<p>4</p> <p>Pesto Tortellini Riviera Veggies Caesar Salad Banana Pudding</p>
<p>7</p> <p>White Chicken Chili Cornbread Garden Salad Fruit</p>	<p>8</p> <p>Tuna Noodle Casserole Baby Carrots Broccoli Salad 🥦 Fruit</p>	<p>9</p> <p>Veggie Omelets Roasted Potatoes Caribbean Veggies Fruit & Yogurt Parfait</p>	<p>10</p> <p>Chinese BBQ Pork Fried Rice Egg Roll Mandarin Oranges Fortune Cookie</p>	<p>11</p> <p>Turkey & Cranberry Mashed Potatoes Nantucket Veggies Peach Crisp</p>
<p>14</p> <p>Ham w/ Pineapple Roast Sweet Potato Steamed Veggies Spinach Salad Fruit</p>	<p>15</p> <p>Baked Cod w/ Radish Tzatziki Sauce Wild Rice Pilaf Fresh Broccoli 🥦 Salad & Fresh Grapes</p>	<p>16</p> <p>Sloppy Joes Whole Wheat Bun Roasted Potatoes Garden Salad Coconut Pudding</p>	<p>17</p> <p>Roast Beef Mashed Potatoes & Gravy Baby Carrots Garden Salad Raspberry Sherbet</p>	<p>18</p> <p>Chicken Enchiladas Spanish Rice Pinto Beans Garden Salad Pineapple Chunks</p>
<p>21</p> <p>Beef Stroganoff w/ Rotelle Pasta Brussels Sprouts Garden Salad Fruit</p>	<p>22</p> <p>Chicken Salad on Whole Wheat Broccoli Soup 🥦 Garden Salad Chocolate Chip Cookie</p>	<p>23</p> <p>Swedish Style Meatballs Over Egg Noodles Green Beans Spinach Salad Fruit</p>	<p>24</p> <p>Pub-Style Fish Rainbow Potatoes Mixed Beans Coleslaw Fruit</p>	<p>25</p> <p>Lemon Herb Chicken Potatoes Colcannon Sweet Petite Peas Garden Salad Fruit</p>
<p>28</p> <p>Spaghetti w/ Sausage & Mushroom Italian Veggies Caesar Salad Sliced Peaches</p>	<p>29</p> <p>Chef Salad w/ Egg, Ham, & Turkey Oatmeal Bread Fresh Melon</p>	<p>30</p> <p>Pulled Pork w/ BBQ Brown Rice & Roll Steamed Veggies Kale Coleslaw Coconut Fruit Salad</p>	<p>Halloween Lunch 31</p> <p>Beef Stew w/ Garden Veggies Home-style Biscuit Garden Salad Halloween Dessert</p>	 <p>Look For the Wheelbarrow. This Month: <i>Fresh Broccoli</i></p>

All menus are subject to change due to food cost and availability **Gluten Free entrée avail (ask) and Entrée Salad avail. daily.**