

Meals on Wheels October 2019 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Call 651-3123 to Order ALT Meal in yellow or Weekend Meals in light teal.	1	2	3	4	5	6
	Rosemary Chicken Roasted potatoes Assorted Veggies Dinner roll Diced Peaches	Salisbury Steak Egg Noodles & Gravy Diced Carrots, Fresh Fruit mix, Choc. Banana Bar	Turkey Meatloaf Mashed Potatoes Green Beans Dinner Roll & Butter Diced Pineapple	Beef Sloppy Joe Mashed Potatoes Carrots Whole Wheat Bun	Vegetarian Lasagna Delivered Thurs 10/3	Beef Pot Roast Delivered Thurs 10/3
7	8	9	10	11	12	13
Greek Chicken w/pasta Zucchini Oatmeal Butterscotch cookie	Beef Pot Roast Peas & Carrots Mashed Potatoes & Gravy Fruit Cocktail	Latin Inspired Pork Red Beans & Rice Sweet Corn, Apple Slices, Oatmeal Choc. Chip cookie ALT: Latin Chicken	Roast Turkey Dinner Gravy w/stuffing Green Beans Cranberry Orange Sauce Molasses Cookie	Breakfast Hash Turkey Sausage Diced Pears English muffin & butter	Chili Mac Hotdish Delivered Thurs 10/10	Baked Ham Delivered Thurs 10/10
NEW – 14 - NEW	NEW – 15 - NEW	16	17	18	19	20
Hot Turkey Sandwich Mashed Potatoes & Gravy Vegetable Blend Peanut Butter Cookie	BBQ Pork Loin Sweet Corn Warm Peaches Biscuit & Honey ALT: BBQ Chicken	Chili Mac Casserole Baked Apples Green Beans Blueberry Muffin	Beef Lasagna Broccoli & Cauliflower Dinner Roll Mixed Fruit	Tuna Melt on toast Cheddar Cheese Peas & Carrots Sugar Cookie ALT: Chicken Melt	Salisbury Steak Delivered Thurs 10/17	Orange Chicken Delivered Thurs 10/17
NEW – 21 - NEW	22	23	24	25	26	27
Moussaka Eggplant & ground beef in tomato sauce Vegetable Medley Dinner Roll Cranberry Date Muffin	Baked Ham Baked Potato Brussel Sprouts Diced Peaches Dinner Roll ALT: Baked Chicken	Baked Fish w/Dill Egg Noodles Mixed Veggies, Snickerdoodle Cookie ALT: Chicken w/Dill	Rosemary Chicken Roasted Potatoes Diced Carrots Warm Peaches Dinner Roll	Southwest Turkey Bowl w/Spanish Rice Corn & Bean Salsa Vegetable Blend Coffee Cake Fruit Cocktail	Sloppy Joe Delivered Thurs 10/24	Roast Turkey Delivered Thurs 10/24
28	29	30	NEW – 31 - NEW	ALL Meals are served with your Choice of 1% Milk OR a variety of Juices	Nov 2	Oct 6
Turkey Tetrizzini Egg Noodles Broccoli Diced Pineapple Minnesota Cookie	Jamaican Chicken Mashed Sweet Potato Okra & Tomatoes Dinner Roll & Butter	Pork Stir Fry Brown Rice Asian Veggie Blend Warm Sliced Apples Chocolate Cookie ALT: Chicken Stir Fry	Beef Tips in Gravy Over Egg Noodles Peas & Carrots Fresh Fruit Mix		Beef Pot Roast Delivered Thurs 10/31	Pineapple Chicken Delivered Thurs 10/31

SEPTEMBER CHOICE MEALS Call 651-653-3123

1. Beef Pot Roast 2. Pineapple Chicken 3. Lemon Garlic Fish 4. Egg & Cheese Strata