


## Meals on Wheels October 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<b>ALL Meals are served with your Choice of 1% Milk OR a variety of Juices</b>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			Beef Tips in Gravy Egg noodles Peas & carrots Apple cinnamon coffee cake	Chicken Fajita Sliced Chicken breast, peppers & onions, Spanish rice, Tortilla, Baked Pears	Chili Mac Casserole Delivered Thurs 10/1	Roast Turkey Delivered Thurs 10/1
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Baked Pork Rotini Pasta, Veggie blend Seasoned spinach Mandarin oranges Sugar Cookie <b>ALT: Vegetarian pasta</b>	BBQ Chicken Leg (Drummies) Roasted sweet potatoes Collard greens Dinner roll Fruit cocktail	Salisbury steak beef patty, mushroom gravy w/egg noodles Diced carrots, Oatmeal cookie & Applesauce	Rosemary Chicken breast, Roasted potatoes, Sweet peas, Warm diced peaches, Dinner roll	Cheesy Ham casserole, Ham & Broccoli in cheese sauce over noodles, Veggies, M&M Cookie <b>ALT: Chicken cass.</b>	Beef Pot Roast Delivered Thurs 10/8	Orange Chicken Delivered Thurs 10/8
<b>12</b>	<b>13</b>	<b>COLD 14 COLD</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Chili Mac Casserole Ground beef & noodles in tomato sauce, Green beans, baked apples Double Choc. Chip Muffin	Salisbury steak beef patty, mushroom gravy w/egg noodles Diced carrots, Oatmeal cookie & Applesauce	Chicken Salad lettuce cucumber, carrots, tomato, French dressing, Dinner roll Diced Peaches	Breakfast Hash Cheesy scrambled eggs roasted potatoes Turkey sausage, diced pears, English muffin	Herb Roasted Pork w/gravy, mashed sweet potatoes, sliced zucchini Dinner roll & Cookie <b>ALT: Roasted Chicken</b>	Sloppy Joe Delivered Thurs 10/15	BBQ Chicken Delivered Thurs 10/15
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Chicken Enchilada Bake Chicken, tortilla, veggies w/cheese & sauce, Corn & peppers Veggie blend & cookie	Roast Turkey w/gravy, Green Beans, Stuffing Diced pineapple Blueberry muffin	Beef Lasagna Broccoli & baby carrots Dinner Roll w/butter Fresh fruit cup	Beef Chili Ground beef & beans, sliced Carrots Corn Muffin Applesauce	Tuna Melt w/Cheddar Cheese, Peas & Carrots, Wheat bread Sugar Cookie <b>ALT: Chicken Melt</b>	Salisbury Steak Delivered Thurs 10/22	Rosemary Chicken Delivered Thurs 10/22
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov 1</b>
SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Fruit Cocktail	Lemon Chicken, Roasted potatoes, Diced Carrots Dinner Roll Mandarin Oranges	Spaghetti w/meat sauce Steamed Broccoli Warm peach crumble Dinner Roll & Butter	Parmesan Crusted Fish, Brown Rice, California Veggies, Baby Carrots, cookie <b>ALT: Parm. Chicken</b>	Beef Stew w/onions, potatoes, peas & carrots in beef gravy, Pineapple, Dinner roll & Bread pudding	Chicken Enchilada Bake Delivered Thurs 10/29	Roast Turkey Delivered Thurs 10/29

### October CHOICE MEALS Call 651-653-3123

1. Sloppy Joe    2. Roast Turkey Dinner    3. Breakfast Sandwich  
4. Veggie Sweet & Sour

Call 651-653-3123 to Order

**ALT Meal in yellow OR  
Weekend Meals**