



MOUNDS VIEW MEALS ON WHEELS

OCTOBER 2024 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: YOU MUST CALL AT LEAST 2 BUSINESS DAYS PRIOR TO CANCELING A MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL.	1 <u>MEATLOAF</u> Mashed Potatoes Peas Fruit Cup	2 <u>GINGER HONEY GLAZED PORK</u> Brown Rice Broccoli Fruit Cup Dessert Alt: Ginger Honey Glazed Chicken	3 <u>CHICKEN WILD RICE SOUP</u> Green Beans Fruit Cup Dessert	4 New: HARVEST SALAD (Cold) Fruit Cup Dessert
7 New: BAKED FISH WITH HERB SAUCE Barley Risotto Brussel Sprouts Dessert Alt: Baked Chicken with Herb Sauce	8 <u>BEEF LASAGNA</u> Corn, Carrots, & Green beans Fruit Cup	9 New: CHICKEN DUMPLING STEW Green Beans Fruit Cup Dessert	10 <u>SOUTHWEST TURKEY TACO BOWL</u> Black Beans & Rice Italian Vegetable Blend Fruit Cup Dessert	11 <u>BEEF SLOPPY JOE</u> Whole Wheat Hamburger Bun Roasted Potato Hash Broccoli Fruit Cup
14 <u>MACARONI & CHEESE</u> California Medley Fruit Cup Dessert	15 <u>GARLIC SALMON BOWL</u> Brown Rice Edamame Fruit Cup Dessert Alt: Garlic Chicken Bowl	16 <u>SPAGHETTI W/ MEAT SAUCE</u> 5-Way Vegetable Medley Fruit Cup Dessert	17 New: BEET AND ARUGULA SALAD WITH CHICKEN (Cold) Fruit Cup	18 <u>BAKED HAM W/ MUSTARD APPLE GLAZE</u> Mashed Potatoes Green Beans Dinner Roll w/butter Fruit Cup Alt: Baked Chicken w/ Mustard Apple Glaze
21 New: LENTIL TACO BOWL Spanish Rice Broccoli, Green beans, Carrots, Red pepper Fruit Cup	22 <u>SALISBURY STEAK</u> Whole Wheat Egg Noodles with Mushroom Gravy Peas & Carrots Fruit Cup	23 <u>COCONUT CURRY FISH</u> White Rice Peas Dessert Alt: Coconut Curry Chicken	24 New: GREEK CHICKEN PASTA Whole Wheat Pasta Diced Carrots Fruit Cup Dessert	25 <u>TATER TOT HOTDISH</u> Shredded Cheddar Cheese Vegetable Medley Dessert
28 <u>CHEESEBURGER</u> Whole Wheat Bun Cheddar Cheese Vegetarian Baked Beans Fruit Cup	29 New: SWEET POTATO BEAN CHILI Cauliflower Florets Cornbread Muffin w/butter Fruit Cup	30 <u>THREE CHEESE PASTA WITH TURKEY</u> Whole Wheat Penne Pasta 5-Way Vegetable Medley Fruit Cup	31 <u>GINGER SOY FISH</u> Brown Rice Asian Vegetable Medley Fruit Cup Dessert Alt: Ginger Soy Chicken	Beverage choice of 1% Milk or Juice is served with every meal.

We do our best to reflect the menu; however, meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-621-7950.