

October 2024 Meals on Wheels Menu

	Tuesday 10/1/24	Wednesday 10/2/24	Thursday 10/3/24	Friday 10/4/24
<p>WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK.</p> <p>WE WOULD LOVE TO HEAR FROM YOU!</p>	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BACON CHEESEBURGER MAC 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 10/7/24	Tuesday 10/8/24	Wednesday 10/9/24	Thursday 10/10/24	Friday 10/11/24
CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 10/14/24	Tuesday 10/15/24	Wednesday 10/16/24	Thursday 10/17/24	Friday 10/18/24
CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF PATTY MELT w/onions & cheese O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ HEALTHY HEART SPREAD BREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 10/21/24	Tuesday 10/22/24	Wednesday 10/23/24	Thursday 10/24/24	Friday 10/25/24
SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 10/28/24	Tuesday 10/29/24	Wednesday 10/30/24	Thursday 10/31/24	<p>NOTE:</p> <p>MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>
CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).	Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions	Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement	+denotes vitamin C requirements

