

# October 2025 Meals on Wheels Menu

		<b>Wednesday 10/1/25</b>	<b>Thursday 10/2/25</b>	<b>Friday 10/3/25</b>
<b>**MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK.</b>	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS + BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BACON CHEESEBURGER MACARONI 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>NOTE: MEALS SERVED WITH 2% MILK</b>	<b>WE WOULD LOVE TO HEAR FROM YOU!</b>			
<b>Monday 10/6/25</b>	<b>Tuesday 10/7/25</b>	<b>Wednesday 10/8/25</b>	<b>Thursday 10/9/25</b>	<b>Friday 10/10/25</b>
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	CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	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
<b>Monday 10/13/25</b>	<b>Tuesday 10/14/25</b>	<b>Wednesday 10/15/25</b>	<b>Thursday 10/16/25</b>	<b>Friday 10/17/25</b>
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	CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHEESEBURGER w/onions 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
<b>Monday 10/20/25</b>	<b>Tuesday 10/21/25</b>	<b>Wednesday 10/22/25</b>	<b>Thursday 10/23/25</b>	<b>Friday 10/24/25</b>
MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ BREAD HEALTHY HEART SPREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	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+ MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
<b>Monday 10/27/25</b>	<b>Tuesday 10/28/25</b>	<b>Wednesday 10/29/25</b>	<b>Thursday 10/30/25</b>	<b>Friday 10/31/25</b>
BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	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
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