

# October

# Menu

Please make a donation at [slco.org/aging-adult-services](http://slco.org/aging-adult-services) to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TERIYAKI MEATBALLS</b> w/ Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrots Lemon Pudding 2	<b>BIRTHDAY MEAL</b> <b>SALISBURY PATTY</b> w/Brown Gravy Mashed Potatoes Mixed Vegetables Stewed Tomatoes Birthday Cupcake 3	<b>ITALIAN MEAT SAUCE</b> w/ Spaghetti Pasta Seasoned Cut Green Beans Spinach Kale Salad Applesauce 4	<b>TURKEY BURGER</b> On a Bun Lettuce & Tomato Baked Beans Quinoa & Vegetable BBQ Sauce 5	<b>SWISS STYLE BEEF STEAK</b> Whipped Potatoes Spinach Normandy Blend Vegetables Chocolate Chip Cookie 6
<b>CHICKEN THIGH</b> w/ Mushroom Gravy Seasoned Brown Rice Broccoli Cuts & Florets Seasonal Fruit Mocha Nut Cookie 9	<b>BEEF STRIPS</b> Bell Peppers & Onions Refried Beans Seasonal Fruit Whole Grain Tortilla 10	<b>POTATO CRUST FISH</b> w/ Tartar Sauce Peas & Onions Garden Vegetable Salad Canned Peas Cookies 'n Cream Pudding 11	<b>CHICKEN CORDON BLEU</b> w/ Cordon Bleu Sauce Bowtie Pasta Seasoned Green Beans Seasoned Carrots Seasonal Fruit 12	<b>TURKEY TETRAZZINI</b> Capri Blend Vegetables Breadstick Fresh Peas 13
<b>ROAST PORK</b> w/ Pork Gravy Candied Sweet Potatoes Spinach Spiced Apples 16	<b>CHICKEN CHOP SUEY</b> Lo Mein Noodles Snow Peas Canned Peaches Almond Cookie 17	<b>BAKED CHICKEN THIGH</b> w/ Southwest Sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup 18	<b>BEEF STROGANOFF</b> w/ Egg Noodles Seasoned Carrots Broccoli Cuts & Florets Breadstick Chocolate Swirl Pudding 19	<b>BBQ PORK RIBETTE</b> Lyonnaise Potatoes Capri Blend Vegetables Seasonal Fruit BBQ Sauce 20
<b>BAKED CHICKEN BREAST</b> w/ Marsala Sauce Roasted Red Potatoes California Blend Vegetables Tropical Fruit Sugar Cookie 23	<b>POTATO CRUST FISH</b> w/ Tartar Sauce Wild Rice Pilaf Seasoned Green Beans Whole Kernel Corn Cranberry Apple Mold 24	<b>ASIAN BEEF STIR FRY</b> Asian Noodles Oriental Blend Vegetables Mandarin Oranges 25	<b>GERMAN MEATBALLS</b> w/ Whole Grain Pasta Red Cabbage & Apples Seasoned Carrots Chocolate Almond Pudding 26	<b>BEEF POT PIE</b> Over Biscuit Green Peas Spinach Romaine Salad Canned Peas 27
<b>MEATLOAF</b> w/ Brown Gravy Broccoli Cuts Mashed Potatoes Stewed Tomatoes Seasonal Fruit 30	<b>FRANKEN DOG</b> On a Bun Cheesy Brains (Mac & Cheese) Witches Brew Stewed Tomatoes Bewitched Seasonal Fruit Red Devil Cupcake 31			

**Alternate meals for October\*: Stew w/ Salad & Fruit**  
**Week 1** – Beef Stew (M,T); Harvest Pork Stew (W,Th,F)  
**Week 2** – Harvest Pork Stew (M,T); Mexican Beef Stew (W,Th,F)  
**Week 3** – Mexican Beef Stew (M,T); Turkey Ham/Bean Stew (W,Th,F)  
**Week 4** – Turkey Ham/Bean Stew (M,T); Hamburger Stew (W,Th,F)  
**Week 5** – Hamburger Stew (M,T); Beef Stew (W,Th,F)

\*Alternate meals at select senior centers only  
All meals served with 8 oz milk and appropriate condiments