

# Meals on Wheels Menu October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>Suggested Donation: \$2.50 Donations can be made online at <a href="https://slco.org/aging-adult-services/donation/">https://slco.org/aging-adult-services/donation/</a></p>			<p><b>Honey Baked Chicken</b></p> <p>O'Brian Potatoes Mixed Vegetables Glazed Carrots Raspberry Gelatin</p>	<p><b>Italian Turkey Pasta Salad (Cold Meal)</b></p> <p>Mandarin Oranges Creamsicle Pudding Wheat Crackers</p>
5	6	7	8	9
<p><b>Turkey Pasta Bake</b></p> <p>Whole Wheat Roll Mixed Vegetables Seasonal Fresh Fruit</p>	<p><b>Homemade Meatloaf (Birthday Meal)</b></p> <p>Whipped Potatoes Green Beans Stewed Tomatoes Seasonal Fruit Frosted Birthday Cupcake</p>	<p><b>Breaded Fish</b></p> <p>Wild Rice Whole Kernel Corn Seasonal Fruit Banana Pudding</p>	<p><b>Chicken Breast w/Poultry Gravy</b></p> <p>Confetti Rice Green Salad Broccoli &amp; Carrots Lime Gelatin</p>	<p><b>Mexican Beef Stew</b></p> <p>Whole Wheat Roll Green Peas Hot Spiced Peaches</p>
12	13	14	15	16
<p><b>Beef Tips w/Brown Gravy</b></p> <p>Roasted Red Potatoes Mixed Vegetables Seasonal Fruit</p>	<p><b>Salisbury Steak</b></p> <p>Whipped Potatoes w/ Brown Gravy Green Beans Peaches Sugar Cookie</p>	<p><b>BBQ Pork Patty</b></p> <p>Macaroni &amp; Cheese Broccoli Seasonal Fruit</p>	<p><b>Spaghetti &amp; Meatballs</b></p> <p>Whole Wheat Roll Italian Vegetables Tropical Fruit</p>	<p><b>BBQ Sloppy Joe</b></p> <p>Mixed Green Salad Glazed Carrots Apple Cobbler</p>
19	20	21	22	23
<p><b>Herb Roasted Pork Loin</b></p> <p>Lyonnais Potatoes Broccoli Applesauce Range Bar</p>	<p><b>Breaded Fish</b></p> <p>Wild Rice Spinach Whole Kernel Corn</p>	<p><b>Beef Patty w/Swiss Steak Sauce</b></p> <p>Scalloped Potatoes Glazed Baby Carrots Pineapple Tidbits</p>	<p><b>BBQ Pork Sandwich</b></p> <p>Baked Beans Mixed Green Salad Hot Spiced Pears</p>	<p><b>Chicken Cacciatore over Macaroni Pasta</b></p> <p>Broccoli &amp; Carrots Green Beans Chocolate Pudding</p>
26	27	28	29	30
<p><b>Cheese Omelet</b></p> <p>Diced Potatoes Red &amp; Green Peppers Hot Spiced Fruit Peanut Butter Cookie</p>	<p><b>Pork Carnitas Taco</b></p> <p>Black Beans Fajita Vegetable Blend Ranger Cookie</p>	<p><b>Italian Chicken Breast</b></p> <p>Rice Florentine Italian Vegetables Seasonal Fruit Butterscotch Pudding</p>	<p><b>Homemade Meatloaf</b></p> <p>Whipped Potatoes w/ Brown Gravy Whole Wheat Roll Mixed Vegetables Seasonal Fresh Fruit</p>	<p><b>Bratwurst (Special Meal)</b></p> <p>Hot German Potato Salad Baked Beans Stewed Tomatoes Mandarin Oranges Red Devil Cupcake</p>

Some items may be subject to change due to product availability

All meals served with 8 oz milk and appropriate condiments