

Meals on Wheels October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9/29	9/30	10/1	10/2	10/3
		Pork Chops w/Gravy Mashed Potatoes Tossed Salad Sliced Peaches Roll & Milk	Beef Stew Tossed Salad Sliced Peaches Roll & Milk	Ranch BBQ Chicken Baked Beans Potato Salad Roll & Milk
10/6	10/7	10/8	10/9	10/10
Spaghetti & Meatballs Broccoli Normandy Applesauce Garlic Bread Roll & Milk	Chicken Burritos Spanish Rice Fiesta Veggies Sliced Apples Milk	Beef Barley Soup 1/2 Turkey Sandwich Lettuce, Tomato Milk	Sausage Tortellini Bake Cesar Salad Petit Banana Roll & Milk	Chicken Dijon Orzo Pilaf w/Spinach Broccoli Salad Sliced Peaches Roll & Milk
10/13	10/14	10/15	10/16	10/17
Teriyaki Pork Brown Rice Stir-Fry Vegetables Roll & Milk	Sloppy Joes Corn & Carrots Sliced Peaches Milk	Chicken & Rice Casserole Peas & Cauliflower Roll & Milk	Turkey Wraps Lettuce, Tomato Carrot Sticks Broccoli Spears Milk	Chicken Chili Fiesta Veggies Waldorf Salad Cornbread Milk
10/20	10/21	10/22	10/23	10/24
Chicken Pot Pie Broccoli Spears Tossed Salad Roll & Milk	Turkey Wraps Carrot Sticks Broccoli Spears Roll & Milk	Lasagna Cesar Salad Sliced Oranges Garlic Bread Milk	Chicken Strips Carrot Raisin Salad French Fries Sliced Pears Roll & Milk	Salisbury Steak Mashed Potatoes Capri Vegetables Sliced Melon Roll & Milk
10/27	10/28	10/29	10/30	10/31
Turkey Pot Roast Steamed Potatoes Carrots & Mushrooms SliceOranges Roll & Milk	Clam Chowder 1/2 RB Sandwich Fruit Salad Roll & Milk	Chicken Cacciatore Mashed Potatoes Sicilian Veggies Sliced Pears Roll & Milk	Tuna Casserole Brown Rice Mixed Vegetables Roll & Milk	Chicken & Dumplings Mixed Veggies Apple slices Roll & Milk