

October

2021

Call Gina @ 515-829-7203 with any Changes or Cancelations

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
				Hamburger Steak with Gravy Mashed Potatoes with Beef Gravy Whole Grain Roll Fruit		
4	5	6	7	8	9	10
Pork Chop Baked Sweet Potato Seasonal Vegetable Whole Grain Roll Fruit	Beef Pot Roast Mashed Potatoes with Beef Gravy Corn Whole Grain Roll Blueberries	BLT Sandwich Baked Chips Creamy Cucumber Salad Strawberries & Bananas	Baked Chicken Baked Potato Vegetable Blend Whole Grain Roll Fruit	Salmon Patty Parsley Butter Red Potatoes Carrots Diced Pears		
11	12	13	14	15	16	17
Burger On Bun Lettuce & Tomato Slice Baked Chips Fresh Melon	Baked Pork Chop Mashed Potatoes with Pork Gravy Vegetable Blend Whole Grain Roll Strawberries	Lasagna Roll Up Broccoli Florets Whole Grain Roll Chilled Fruit	Nacho Chicken Corn Spanish Rice Fresh Orange	Garlic Butter Tilapia Fried Potatoes Green Beans Banana		
18	19	20	21	22	23	24
Cheesy Chicken Parmigiana Pasta Toss Salad with Dressing Whole Grain Roll Pears	Swedish Meatballs Mashed Potatoes with Beef Gravy Carrots Whole Grain Roll Fresh Melon	Turkey A La King Creamy Coleslaw Biscuit Mandarin Oranges	Beef Pot Roast Mini Bakers Broccoli Whole Grain Roll Fruit	Teriyaki Bake Fish Fried Rice Oriental Blend Vegetable Whole Grain Roll Seasonal Fresh Fruit		
25	26	27	28	29	30	31
Baked Ham Baked Sweet Potato Broccoli Florets Whole Grain Roll Banana	Creamy Italian Chicken Pasta Vegetable Blend Whole Grain Roll Fresh Strawberries	Turkey Mashed Potatoes with Gravy Green Beans Whole Grain Roll Pears	Meatloaf Onion Roasted Potatoes Corn Fruit	Butter Crumb Pollock Macaroni & Cheese Peas Fresh Melon		

Meals on Wheels Menu "**Meals are subject to change**"