


OCTOBER 2017

**Senior Wellness and Nutrition Program
Menu**

Reservations and cancellations must be made 24 hours in advance to the Site Manager

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Turkey Ala King over Biscuit Peas Raspberry Peaches</p>	<p>3 Meatloaf w/Ketchup Mashed Potatoes Garlic Roasted Brussel Sprouts Pineapple Juice Wheat Bread Gingerbread w/ Topping</p>	<p>4 Creamy Noodles & Ham Mixed Vegetables Rye Bread Mandarin Oranges</p>	<p>5 Chili Cornbread Chuckwagon Corn Fruit Cocktail</p>	<p>6 Panko Breaded Fish Tater Tots Coleslaw Grape Juice Wheat Roll Peanut Butter Cookie</p>
<p>9 <i>Holiday</i>  Columbus Day</p>	<p>10 Vegetable Lasagna Capri Blend Vegetables Pears Wheat Bread Tapioca Pudding</p>	<p>11 Beef Stew w/Biscuit Carrots Peaches</p>	<p>12 Hot Turkey Sandwich w/Gravy Hubbard Squash Cranberry Juice Apple Pie</p>	<p>13 Sweet & Sour Pork over Rice Oriental Blend Vegetables Rye Bread Pineapple Tidbits</p>
<p>16 Stuffed Cabbage Rolls Mashed Potatoes Green Beans 12 Grain Bread Tropical Fruit</p>	<p>17 Brown Sugar Glazed Baked Ham Au gratin Potatoes California Blend Vegetables Wheat Roll Cinnamon Applesauce</p>	<p>18 NO LUNCH IN OLEAN SITE. MEAL ON WHEEL WILL BE DELIVERED</p>	<p>19 QUARTERLY BIRTHDAY PARTY Macaroni & Cheese Stewed Tomatoes Fruit Punch Wheat Bread Birthday Cake Ice Cream</p>	<p>20 Western Omelet w/ Peppers & Onions Home Fries Pumpkin Spice Muffin Fresh Banana</p>
<p>23 Breaded Chicken Breast Mashed Potatoes w/Gravy Beets Wheat Roll Fruit Cocktail</p>	<p>24 Beef Stroganoff Prince Edward Vegetables 12 Grain Bread Mandarin Oranges</p>	<p>25 Ranch Pork Roast Parsley Red Potatoes Carrots Apple Juice Rye Bread Pumpkin Crunch</p>	<p>26 Goulash Tossed Salad w/Dressing Garlic Bread Warm Baked Apples</p>	<p>27 Fish Sandwich Cream of Potato & Ham Soup Peas & Carrots Blushing Pears</p>
<p>30 Spaghetti & Meatballs Italian Green Beans Italian Bread Peaches</p>	<p>31 Turkey Ala King over Biscuit Peas Raspberry Peaches</p>	 <p>October 31 HALLOWEEN</p>		

All meals are served with 1/2 pint milk and margarine.

Menus are subject to change without notification.

ATTENTION:

Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.