

OCTOBER | 2023

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Homemade Mac & Cheese Side Salad Asparagus Beets Diced Pears 5</p>	<p>3 Sliced Turkey & Gravy Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Roll/Margarine 7</p>	<p>4 Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p>5 Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin W/ Margarine 5</p>	<p>6 Old Fashioned Meatloaf Mashed Potatoes Peas Normandy Blend Peaches Sweet Bread/Margarine 5</p>
<p>9 Hamburger Hamburger Bun Baked Beans Broccoli Diced Pears 6</p>	<p>10 Citrus Salmon Brown Rice Lima Beans Coleslaw Mandarin Oranges 6</p>	<p>11 Peas Soup & Ham Cauliflower Corn Ambrosia 6</p>	<p>12 Salisbury steak & Gravy Mashed Potatoes Peas Fruit Cobbler Fruit Cocktail 8</p>	<p>13 Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5</p>
<p>16 Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>17 S & S Meatballs White Rice Spinach Ambrosia Wheat Roll/Margarine 7</p>	<p>18 Lasagna Garlic Bread Corn Cauliflower Fresh Fruit Fig Newton 7</p>	<p>19 AGEWELL CLOSED FOR TRAINING</p>	<p>20 Bourbon Chicken White Rice Winter Squash Carrot Raisin Salad Fruit Crisp 8</p>
<p>23 Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6</p>	<p>24 Chicken Diane White Rice Succotash Beets Applesauce 4</p>	<p>25 Sliced Ham Sweet Potatoes Peas Pineapple tidbits Banana Pudding 7</p>	<p>26 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Birthday Cake 6</p>	<p>27 Frittata Red Roasted Potatoes Cauliflower Side salad Apricots Muffin/Margarine 6</p>
<p>30 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>31 Homemade Chili Crackers Wax Beans Peas Tropical Fruit 5</p>	<p>1</p>	<p>2</p>	<p>3 *** 1 carb count = 15g of carbohydrates</p>

**Menu includes
Low Fat Milk**

**Meals include 1/3
of the Recommended Daily
Allowance (RDA)**

**Meals Subject
to Change**

10-26 Birthday Celebration



****Please remember
Holiday meals will only
be sent to those in
highest need which is
very few participants**

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