



October 2018 Menu



Mon	Tue	Wed	Thu	Fri
1 Chili Con Carne White Rice Steamed Cauliflower Skillet Cornbread Banana Green Grapes	2 Shepherd's Pie Okra & Stewed Tomatoes Green Peas Orange Slices Fruit Cocktail Oatmeal Cookies	3 Lasagna Steamed Broccoli Cinnamon Apples Texas Toast Mandarin Oranges Cherry Pie	4 Scrambled Eggs Bacon Stir-Fried Vegetables Buttermilk Biscuit Strawberries Peaches	5 Grilled Chicken Breast Corn Brussels Sprouts Applesauce Green Grapes Chocolate Cake w/ Cherries
8 Smoked Sausages w/ Sauerkraut Red Bliss Potatoes Steamed Broccoli Mini Yeast Roll Peaches Mandarin Oranges	9 Meatloaf w/ Tomato Sauce Steamed Carrots Lima Beans Mini Yeast Roll Watermelon Pineapple Tidbits	10 Turkey Pot Pie Stewed Tomatoes Sautéed Zucchini Cantaloupe Peanut Butter Cookies	11 Roast Beef Mashed Potatoes Green Peas Mini Yeast Roll Peaches Fruited Gelatin	12 Baked Fish w/ Lemon Herb Sauce Over Rice Pilaf Green Beans Stewed Tomatoes Apples Fruit Cocktail
15 Baked Breaded Chicken Tenders Carrots Stir-Fried Cabbage Cucumber Pepper Salad Peaches Orange Slices	16 Boneless BBQ Pork Ribs Corn Black-Eyed Peas Mini Yeast Roll Applesauce Oatmeal Cookies	17 Spaghetti & Meatballs Brussels Sprouts Green Beans Orange Slices Rice Krispie Treats	18 Fajita Steak Mexican Rice Skillet Vegetables Watermelon Pineapple Tidbits	19 Teriyaki Chicken over Rice Kettle Cooked Collards Creamed Corn Peaches Green Grapes Chocolate Cupcake
22 Vegetable Beef Stew Grilled Cheese Peaches Orange Slices Ginger Cookies	23 Grilled Chicken Breast Stewed Tomatoes Lima Beans Dilled Cucumber Salad Watermelon Pumpkin Pie	24 Baked Macaroni & Cheese Pinto Beans Spinach Skillet Cornbread Mandarin Orange Banana Pudding	25 Chicken Pot Pie Steamed Cabbage Roasted Sweet Potato Red Grapes Red Velvet Cupcake	26 Carved Turkey Breast w/ Stuffing & Gravy Steamed Carrots Green Beans Orange Slices Applesauce
29 Scrambled Eggs Sausage Links Pancake Syrup Peaches Orange Slices	30 Sliced Ham Vegetable Trio Sweet Potato Casserole Mini Yeast Roll Strawberries Peach Pie	31 Sloppy Joe Red Bliss Potatoes Steamed Broccoli Bun Red Coleslaw Mandarin Oranges	<u>MEAT SUBSTITUTE MEAL</u> Grilled Chicken Breast Lima Beans Collard Greens Mini Yeast Roll Potato Salad Mandarin Oranges	<u>VEGETABLE SUBSTITUTE MEAL</u> Pinto Beans Mac & Cheese Collard Greens Mini Yeast Roll Potato Salad Mandarin Oranges

2% Milk will be served with all meals.

You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.

All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.