

# Home-Delivered Meals October Hot Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Sliced turkey with gravy Baby bakers Mixed vegetables Roll Tropical fruit	<b>2</b> BBQ chicken breast sandwich Fries Peas and carrots Raspberries	<b>3*</b> Hot dog Baked beans Relish sticks Apple
<b>5</b> Shredded pork sandwich Mixed vegetables Mangoes	<b>6*</b> Sausage and peppers Rice Apricots	<b>7</b> Hot roast beef sandwich Fries Asparagus spears Jell-O®	<b>8</b> Creamed turkey Mashed potatoes California vegetables Roll Cherries	<b>9</b> Beef and broccoli Rice Vegetable egg roll Fortune cookie Mandarin oranges	<b>10</b> Biscuits and gravy Hard-boiled egg Fruit salad V8® juice
<b>12</b> Pork tacos Chips Salad Mango pieces	<b>13</b> Shrimp scampi with bow tie pasta Carrots Roll Grapes	<b>14</b> Sliced roast beef Red tri-cut potatoes Broccoli Roll	<b>15</b> Spinach and artichoke casserole Corn Roll Fruit cocktail	<b>16</b> Open-faced turkey sandwich Mashed potatoes Mixed vegetables Fresh fruit	<b>17</b> Taco salad with beans Grape tomatoes Tortilla chips Fruit juice
<b>19</b> Caprese pasta salad Chicken breast Fruit juice Pudding	<b>20</b> Chicken strips Tater tots Beets Whole wheat roll Pears	<b>21</b> Meatball sub Peas Oranges	<b>22</b> Chicken fajitas Rice Peaches	<b>23</b> Beef and bean taco salad Tortilla chips Berry cup	<b>24</b> Pulled pork sandwich Three-bean salad Rice Krispie™ treat Pears
<b>26</b> Oven-baked chicken breast Au gratin potatoes Green beans Roll Peaches	<b>27</b> Hamburger Chips Relish sticks Tropical fruit	<b>28</b> Chicken à la King Coleslaw Apple	<b>29</b> Baked cod Tartar sauce Wild rice Mixed vegetables Cherries	<b>30</b> Spaghetti bake Asparagus tips Breadstick Fruit Jell-O®	<b>31</b> Haunted ham slice Spooky sweet potatoes Monster mushroom salad Troll roll Mummy melon chunks

### Menus are subject to change.

- All meals include 1 percent or fat-free milk and margarine.
- Condiments/dressing available for sandwiches/salads.
- \*Low sodium alternative available for October is a hamburger patty.
- \$4 meal suggested contribution age 60 and over.

- \$8 meal fee under age 60.
- \$4 transportation suggested contribution age 60 and over.

Note: Saturday meals will be delivered with the Friday meals.

