

MEALS ON WHEELS MENU CHOICES FOR OCTOBER 2, 2023 - FEBRUARY 2, 2024

2% Milk or Calcium Fortified Orange Juice served with each meal. Some meals may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates: 10/02, 11/13, 12/25 (Closed)	Dates: 10/03, 11/14, 12/26	Dates: 10/04, 11/15, 12/27	Dates: 10/05, 11/16, 12/28	Dates: 10-06, 11/17, 12/29 (Holiday Meal)
Menu A: Pork Tips w/Gravy Menu B: Beef Tips & Gravy Bowtie Pasta, Spinach, Wheat Bread, Vanilla Berry Pudding	Menu A: Mexican Beef Stew Menu B: Summer Chicken Stew Okra and Tomatoes, Cornbread, Garden Salad, Dressing, Orange Zephyr Whip	Menu A: Country Fried Steak Menu B: Chicken Fried Chicken Cream Gravy, Mashed Potatoes, Green Beans, Wheat Bread, Chunky Fruit Medley	Menu A: Sloppy Joe on Bun Menu B: Pulled Pork on Bun Roasted Corn, Coleslaw, Onion Slices, Fruit Crisp	Menu A: Golden Garlic Chicken Menu B: Potato Crunch Fish Potato Wedges, Carrots, Wheat Bread, Gelatin
Dates: 10/09, 11/20, 1/01 (Closed)	Dates: 10/10, 11/21, 1/02	Dates: 10/11, 11/22 (Holiday Meal), 1/03	Dates: 10/12, 11/23 (Closed), 1/04	Dates: 10/13, 11/24, 1/05
Menu A: Smothered Pork Chop Menu B: Roast Turkey Wild Rice, Greens, Fresh Fruit, Angel Food Cake	Menu A: Meatloaf Menu B: Boneless Chicken Wings Mashed Potatoes, Zucchini, Mandarin Oranges w/Strawberries, Cottage Cheese & Tomato Salad,	Menu A: New Orleans Style BBQ Chicken Menu B: BBQ Pork Hot Potato Salad, Wheat Bread, Hot Spiced Peaches, Pudding Cup	Menu A: Chicken Spaghetti Menu B: Lasagna Steamed Broccoli, Garden Salad, Garlic Roll, Dressing, Applesauce	Menu A: Beef Soft Taco Menu B: Chicken Fajitas Pinto Beans, White Rice, Warm Tortilla, Chocolate Brownie, Fresh Fruit
Dates: 10/16, 11/27, 1/8	Dates: 10/17, 11/28, 1/09	Dates: 10/18, 11/29, 1/10	Dates: 10/19, 11/30, 1/11	Dates: 10/20, 12/01, 1/12
Menu A: Beef Ravioli W/Marinara Menu B: Cheese Tortellini Seasoned Cauliflower, Garlic Roll, Peaches, Sponge Cake	Menu A: Pork Roast Menu B: Hamburger Steak Grits, Peas and Carrots, Wheat Bread, Gelatin w/Whip Topping	Menu A: Honey Garlic Meatballs Menu B: Chicken Schnitzel Black eyed Peas, Seasoned Cabbage, Wheat Bread, Pudding	Menu A: BBQ Chicken Menu B: Beef Stew Three Bean Salad, English Peas, Fruit Cocktail, Hot Spiced Apples	Menu A: Tuna Casserole Menu B: Baked Lemon Chicken Butter Beans, California Vegetables, Carrot Raisin Salad, Fresh Fruit
Dates: 10/23, 12/04, 1/15	Dates: 10/24, 12/05, 1/16	Dates: 10/25, 12/06, 1/17	Dates: 10/26, 12/07, 1/18	Dates: 10/27, 12/08, 1/19
Menu A: Baked Rosemary Chicken Menu B: Pork Rib Patty Sweet Potato Tots, Green Beans, Corn Salad, Angel Food Cake	Menu A: Baked Pork Chop w/Gravy Menu B: Honey Garlic Chicken Potato Wedges, Roasted Tomatoes, Pineapple Cottage Salad, Strawberry Gelatin Parfait	Menu A: Chili w/Beans Menu B: Chicken Rice Casserole Kale Crunch Salad w/Mandarin, Cornbread, Escalloped Peaches, Cookie	Menu A: Herb Roasted Turkey w/Gravy Menu B: Meatloaf w/Brown Gravy Mashed Potatoes, Baby Carrots, Pasta Salad, Fresh Fruit	Menu A: Turkey Ham Menu B: Beef Fritter Succotash, Spinach, Tropical Fruit, Yogurt
Dates: 10/30, 12/11, 1/22	Dates: 10/31, 12/12, 1/23	Dates: 11/01, 12/13, 1/24	Dates: 11/02, 12/14, 1/25	Dates: 11/03, 12/15, 1/26
Menu A: Beef Enchilada Bake Menu B: Mexican Chicken Spanish Rice, Refried Beans, Warm Tortilla, Chilled Apricots	Menu A: Lemon Pepper Chicken Menu B: Baked Pork Chop w/Brown Gravy Fluffy Rice, Italian Vegetables, Whole Wheat Bread, Lime Gelatin w/Shredded Carrot	Menu A: Herb Baked Chicken Thigh Menu B: Salisbury Steak w/Gravy Garden Blend Rice, Sliced Beets, Strawberry Romanoff, Unfrosted Cake	Menu A: Hamburger on Bun Menu B: Grilled Chicken Sandwich Mustard, Hot Potato Salad, Pork & Beans, Lettuce, Tomato, Onion, Yogurt	Menu A: Chicken Salad on Lettuce Menu B: Tuna Salad on Leaf Lettuce Hard Boiled Egg, Green Pea Salad, Wheat Bread, Emerald Pears
Dates: 11/06, 12/18, 1/29	Dates: 11/07, 12/19, 1/30	Dates: 11/08, 12/20, 1/31	Dates: 11/09, 12/21, 02/01	Dates: 11/10, 12/22 (Holiday Meal), 02/02
Menu A: Goulash Menu B: Sliced Sausage Calico Corn, Broccoli, Wheat Bread, Snickerdoodle Cookie.	Menu A: Beef Rotini Pasta Bake Menu B: Citrus Baked Chicken w/Gravy Vegetable Medley Blend, Yellow Squash, Seasonal Fresh Fruit, Banana Pudding	Menu A: Chicken Dumplings Menu B: Braised Swiss Patty Sweet Potato Wedges, Winter Mix Vegetable, Peaches, Pound Cake	Menu A: Beef Stroganoff Menu B: Herb Baked Chicken Thigh Pasta, Corn & Carrots, Wheat Bread, V8 Juice, Fruited Gelatin	Menu A: Brown Sugar BBQ Chicken Menu B: Pulled Pork Black eyed Pea Salad, Italian Green Beans, Macaroni & Cheese, Pudding Cup