

COUNCIL ON AGING~MEALS ON WHEELS MENU~ OCTOBER 2020 ~ (386) 253-4700 *248

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 1	OCTOBER 2	OCTOBER 3	OCTOBER 4	OCTOBER 5
OCTOBER 5	OCTOBER 6	OCTOBER 7	OCTOBER 8	OCTOBER 9
OCTOBER 12	OCTOBER 13	OCTOBER 14	OCTOBER 15	OCTOBER 16
OCTOBER 19	OCTOBER 20	OCTOBER 21	OCTOBER 22	OCTOBER 23
OCTOBER 26	OCTOBER 27	OCTOBER 28	OCTOBER 29	OCTOBER 30
OCTOBER 31				

		<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> 	<p>NO MEAL DELIVERY</p>	<p><u>Baked Chicken Thigh</u> Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread w/ Margarine Cup Fresh Fruit 1% Low Fat Milk</p>
<p><u>Beef Teriyaki</u> Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk</p>	<p>NO MEAL DELIVERY</p>	<p><u>Meatloaf w/ Apple Brown Gravy</u> Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk</p>	<p>NO MEAL DELIVERY</p>	<p><u>Bratwurst w/ Beer Mustard</u> Red Cabbage Hot German Potato Salad Rye Bread Special Holiday Dessert 1% Low Fat Milk OKTOBERFEST CELEBRATION!</p>
<p><u>Smoked Sausage Meal</u> Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Applesauce 1% Low Fat Milk (sausage contains beef)</p>	<p>NO MEAL DELIVERY</p>	<p><u>Cheese Omelet</u> Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk BIRTHDAY CELEBRATION!</p>	<p>NO MEAL DELIVERY</p>	<p><u>Baked Lemon Pepper Chicken</u> Winter Mix Vegetables, (Broccoli & Cauliflower) White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk</p>
<p><u>Roast Pork Loin w/ Mojito Sauce</u> Green Peas California Vegetable Blend Whole Wheat Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p>NO MEAL DELIVERY</p>	<p><u>Beef Riblet w/ Apple Brown Gravy</u> Squash Medley Mashed Potatoes Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk</p>	<p>NO MEAL DELIVERY</p>	<p><u>Chili-Cheese Hot Dog</u> Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese Mushrooms, Peppers, & Onions Fresh Fruit 1% Low Fat Milk</p>
<p><u>BBQ Chicken Quarter w/ BBQ Sauce</u> Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk</p>	<p>NO MEAL DELIVERY</p>	<p><u>Chef Salad w/ Ranch Dressing</u> (Sliced Turkey & Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk</p>	<p>NO MEAL DELIVERY</p>	<p><u>Witch's Stew (Beef, Mixed Vegetables, & Onions)</u> Mashed Potatoes Green Peas Dinner Roll w/ Margarine Cup Special Holiday Dessert 1% Low Fat Milk HALLOWEEN CELEBRATION!</p>