

October 2020

<p>All Meals Include: Margarine/butter, Milk, coffee, and Condiments (Coffee not included with Meals on Wheels) Menu subject to change without notice.</p>			<p>October 1 Spaghetti & Meat Sauce Romaine Lettuce Salad Dressing Garlic Breadstick Diced Pears Pineapple Cake</p> <p>October Birthdays</p>	<p>2 Herb Baked Fish Tartar Sauce Parsley Buttered Potatoes Pea, Cheese, & Onion Salad Whole Wheat Bread Pineapple</p>
<p>5 Chicken Wild Rice Casserole Garlic Green Beans Sliced Pickled Beets Whole Wheat Bread Beetnik Chocolate Cake</p>	<p>6 Entree Salad with Romaine & Spinach, Chicken Strips, Tomato Wedges, Shredded Parmesan Cheese, Italian Dressing Fresh Roll Minestrone Soup Crackers Cookie</p>	<p>7 Hamburger On a Bun Grilled Onions Roasted Potatoes Baked Beans Grape Salad</p> <p>Tailgate Football Party</p>	<p>8 Roast Beef Mashed Potatoes Gravy Squash Multi-grain Bread Angel Food Cake w/ Raspberries, Strawberries, & Whipped Topping</p>	<p>9 Tuna Noodle Casserole Peas Rye Bread Diced Fruit Mix Apple Cake</p>
<p>12 Honey Mustard Pork Baked Sweet Potato Cauliflower Raisin Bread Cinnamon Applesauce</p>	<p>13 Meatloaf Mashed Potatoes Gravy Whole Kernel Corn Whole Wheat Bread Cranberry Bar</p> <p>Cranberry Fest</p>	<p>14 Lemon Pepper Fish Tartar Sauce Baby Red Potatoes Asparagus Pineapple Multi-grain Bread Cookie</p>	<p>15 Lasagna Carrots Tossed Romaine Lettuce Salad w/ Dressing Garlic Breadstick Fruit Jell-O Dessert</p>	<p>16 Chicken Fajitas w/Red & Green Bell Pepper Sauté Tortilla Sour Cream Refried Beans Mexi Corn Chocolate Cherry Cake</p>
<p>19 Chili w/ Macaroni Crackers Cheddar Cheese Tossed Romaine & Spinach Salad Dressing Apple Slices Lemon Bar</p>	<p>20 Oven Baked Rosemary Chicken Baked Sweet Potato Cauliflower Cornbread Grapes</p>	<p>21 BBQ Pork Whole Wheat Hoagie Scalloped Potatoes Coleslaw Diced Pears Cookie</p>	<p>22 Chicken Broccoli Casserole Pacific Veggie Blend Whole Wheat Bread Grape Juice Bananas & Vanilla Pudding</p>	<p>23 Beef Tips with Mushrooms Noodles Peas Warm Cinnamon Apples Fudgy Black Bean Brownies</p>
<p>26 Turkey Tetrazzini Carrots Sliced Pickled Beets Whole Wheat Roll Peach Upside Down Cake</p>	<p>27 Salmon Filet Tartar Sauce Twice Baked Mashed Potatoes Creamed Peas Whole Wheat Bread Spice Cake</p>	<p>28 Hot Beef Bun Baked Beans Potato Salad Ambrosia Fruit Salad</p>	<p>29 Beef Vegetable Stew Biscuit Country Trio Veggie Blend Tossed Romaine & Spinach Salad Dressing Spooky Cookie</p> <p>Halloween</p>	<p>30 Savory Balsamic Chicken Baby Reds Brussels Sprouts WW Dinner Roll Mandarin Oranges Raspberries & Yogurt</p>