



October Meals on Wheels Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 COUNTRY FRIED CHICKEN MASHED POTATOES / GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	3 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	4 CHICKEN AND RICE CASSEROLE SAUTEED CARROTS CINNAMON APPLES WHOLE GRAIN ROLL	5 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	6 SESAME CHICKEN AND RICE WAX BEAN AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES
9 <i>Columbus Day</i> HEARTY BEEF STEW STEWED TOMATOES ESCALLOPED APPLES BUTTERMILK BISCUIT	10 HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP WHOLE GRAIN ROLL	11 PORK ROAST W/ ONION GRAVY MASHED POTATOES CORN, PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	12 SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN	13 BEEF AND BROCCOLI STIR FRY WHITE RICE FAR EAST VEGETABLE BLEND POACHED PEARS CHOW MEIN NOODLES
16 CHICKEN PARMESAN LINGUINE MARINARA BRUSSELS SPROUTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	17 MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL	18 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	19 LASAGNA W/ ITALIAN SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL	20 CHICKEN FLORENTINE PASTA SAUTEED CARROTS PEACH CRISP WHOLE GRAIN ROLL
23 CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	24 <i>United Nations Day</i> VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY, CHERRY CRISP WHOLE GRAIN ROLL	25 COUNTRY FRIED CHICKEN MASHED POTATOES / GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	26 TEXAS CHILI WAX BEANS AND PEPPERS BANANA BREAD PUDDING CORNBREAD MUFFIN	27 BLACKENED TALAPIA FILLET SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN
30 DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL	31 <i>Halloween</i> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL			



Each meal meets the new A.A.A. approved nutritional guidelines.
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

Senior Services
 Southwest Michigan