



Meals on Wheels

Café Menu

OCTOBER 2018

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FOR SENIORS 60 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Mexican Beef & Bean Casserole Yellow & Zucchini Squash</p>	<p>2</p> <p>Pork Cassoulet White Beans Butternut Squash</p>	<p>3</p> <p>Fish Tacos Spanish Rise Zucchini</p>	<p>4</p> <p>Beef Lasagna Brussel Sprouts</p>	<p>5</p> <p>Chicken Cacciatore Whole Grain Pasta Italian Blend Veggies</p>
<p>8</p> <p>Mumbai Pork Curry Jasmine Rice Roasted Eggplant & Peas</p>	<p>9</p> <p>Salisbury Steak Spinach Roasted Potatoes Peppers</p>	<p>10</p> <p>Turkey Tetrazzini Fettucine Pasta Mushrooms Bell Peppers</p>	<p>11</p> <p>Tuna Casserole Broccoli Whole Grain Pasta</p>	<p>12</p> <p>Chicken Florentine with Linguini in Pesto Sauce Seasoned Spinach</p>
<p>15</p> <p>Beef Stew Polenta Root Vegetable</p>	<p>16</p> <p>Turkey Meat Loaf Potato Pepper Mix Steamed Spinach</p>	<p>17</p> <p>Pork Raisin Chutney Stewed Greens Rice Pilaf</p>	<p>18</p> <p>Baked Fish with Lemon Dill Barley Broccoli</p>	<p>19</p> <p>5 Spice Chicken Chestnuts & Greens Onion Garlic, Honey & Soy Sauce White Rice</p>
<p>22</p> <p>Chicken Picatta Barley Seasonal Vegetables</p>	<p>23</p> <p>Turkey Briana Brown Rice Seasoned Cabbage</p>	<p>24</p> <p>Salmon Risotto Arboreal Rice Peas & Asparagus</p>	<p>25</p> <p>Pork Verde Black Beans Corn</p>	<p>26</p> <p>Beef Tacos Spanish Rice Seasoned Zucchini</p>
<p>29</p> <p>Thai Beef Bowl Steamed Rice Asian Blend Vegetables</p>	<p>30</p> <p>Braised Chicken Sweet Potatos Brussel Sprouts</p>	<p>31</p> <p>Southwest Pork Corn Red Pepper Tortillas</p>	<p><i>Menu is subject to change without notice. All meals include 8 oz. of low fat milk, Fruit, and a whole wheat roll.</i></p>	
		<p><i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>		