



Meals on Wheels

Choice 3 - Beef Entree

OCTOBER 2018

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FOR SENIORS 60 YEARS AND OLDER			Chef's Choice Meals are for weekend clients	
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Mexican Beef & Bean Casserole Yellow & Zucchini Squash</p>	<p>2</p> <p>Beef Stir Fry Brown Rice Asian Blend Vegetables</p>	<p>3</p> <p>Meatballs Pasta Roasted Veggie Marinara Italian Vegetables</p>	<p>4</p> <p>Beef Lasagna Brussel Sprouts</p>	<p>5</p> <p>Beef Tacos Spanish Rice Zucchini</p>
<p>8</p> <p>Beef Stir Fry Brown Rice Asian Blend Vegetables</p>	<p>9</p> <p>Salisbury Steak Couscous Spinach Mushroom Gravy</p>	<p>10</p> <p>Beef-a-roni Steamed Vegetables</p>	<p>11</p> <p>Beef and Broccoli Stir Fry Brown Rice Asian Blend Vegetables</p>	<p>12</p> <p>Ground Beef and Spaghetti Stewed Carrots</p>
<p>15</p> <p>Beef Stew Polenta Root Vegetables</p>	<p>16</p> <p>Beef Bourginon Peas & Carrots Potatoes</p>	<p>17</p> <p>Mexican Beef & Bean Casserole Yellow & Zucchini Squash</p>	<p>18</p> <p>Chili Con Carne Capri Blend Vegetables</p>	<p>18</p> <p>Shepard's Pie Oven Roasted Brussels Sprouts</p>
<p>22</p> <p>Thai Beef Bowl Steamed Rice Asparagus</p>	<p>23</p> <p>Beef Bourginon Peas & Carrots Potatoes</p>	<p>24</p> <p>Beef Stir Fry Brown Rice Asian Blend Vegetables</p>	<p>25</p> <p>Beef, Vegetable, & Lentil Stew</p>	<p>26</p> <p>Beef Tacos Spanish Rice Zucchini</p>
<p>29</p> <p>Beef Meat Loaf Mashed Potato Spinach</p>	<p>30</p> <p>Beef Stew Polenta Root Vegetables</p>	<p>31</p> <p>Chili Con Carne Capri Blend Vegetables</p>	<p><i>It costs \$7.00 to produce each meal.</i> <i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>	<p><i>Menu is subject to change without notice.</i> <i>All meals include 8 oz. low fat milk, fruit, wheat roll.</i></p>