

# Meals on Wheels October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken w/ Gravy Mashed Potatoes Fresh Vegetable Dessert	2 Tuna Salad over Spinach Fresh Orange	3 Sausages Biscuits and Gravy Fresh Vegetable Dessert	4 Swedish Meatballs Pasta Fresh Vegetable Dessert	5 Creamy Chicken Pasta Salad w/Roasted Vegetables Dessert
6 Baked Ziti w/Cheese Fresh Vegetable Dessert	7 Chicken w/gravy Mashed Potatoes Fresh Vegetable Dessert	8 Spaghetti w/Italian Meatballs Fresh Vegetable Dessert	9 Cobb Salad Fresh Orange	10 Hoppin John Fresh Veggie Dessert	11 Lemon Pepper Chicken Rice Pilaf Fresh Vegetable Dessert	12 Chicken Salad over Lettuce Fresh Fruit
13 Chili Mac Casserole Fresh Vegetable Dessert	14 Lemon Pepper Chicken Rice Pilaf Fresh Vegetable Dessert	15 Beef & Cheese Taco Pie Fresh Vegetable Dessert	16 Chicken Salad over Lettuce Orange wedge Dessert	17 Kielbasa over Sauerkraut Fresh Vegetable Dessert	18 Chicken Alfredo w/Rotini Fresh Vegetable Dessert	19 Cobb Salad Fresh Fruit
20 Swedish Meatballs Pasta Fresh Vegetable Dessert	21 Chicken w/ Honey Mustard Glaze Rice Fresh Vegetable Dessert	22 Sweet & Sour Chicken Legs Rice Fresh Vegetable Dessert	23 Creamy Chicken Pasta Salad Roasted Vegetables Dessert	24 Brats Mashed Potatoes Fresh Veggie Dessert	25 Beef Stroganoff Egg noodles Fresh Vegetable Dessert	26 Tuna Salad over Fresh Spinach Fresh Fruit
27 Vegetable Lasagna Fresh Vegetable Dessert	28 Cheeseburger Baked Beans Dessert	29 Chicken w/ Gravy Mashed Potatoes Fresh Vegetable Dessert	30 Tuna Salad over Spinach Fresh Orange	31 Sausages Biscuits & Gravy Fresh Vegetable Dessert	November 1 Hot Dogs Baked Beans Dessert	November 2 Creamy Chicken Pasta Salad w/Roasted Vegetables Dessert

Menu is subject to change without notice.

Please call the office if you will not be home to receive your meal (239) 337-1055.

Delivery times are 9:00am to 12:30pm, and no meals will be left outside if you're not home. Thank you.

