

CENTER HOT MENU • OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Swedish Meatballs * Mashed Potatoes * French Green Beans Peaches * Pumpkin Muffin **	1 OCTOBER Pork Fritter w/Alfredo * Parsley Potatoes * Stewed Apples * Cucumbers 'n Vinegar Savory Garlic Bread *	2 Turkey Pot Roast Mashed Potatoes * Roasted Butternut Squash * Strawberries ** Cranberry Walnut Bread *	3 Autumn Apple Chicken *** Roasted Sweet Potatoes * Wheat Sweet Yeast Roll ** Clementine *	4 Apple and Sage Sausage ** Sauerkraut & Cabbage * Dijon Mustard Banana ** Black Forest Brownie ****
7 Open-faced Hot Turkey Sandwich Mashed Potatoes * Poultry Gravy Rye Bread * California Blend Vegetables Pumpkin Mousse * Clementine *	8 Herb Roasted Pork Loin Roasted Sweet Potatoes * Broccoli Wheat Sweet Yeast Roll ** Peach and Pear Delight ****	9 Oven Roasted Chicken Drumstick Scalloped Potatoes * Carrots * Clementine * Caramel Apple Crumble ** Hawaiian Roll *	10 Chicken Pot Pie *** Applesauce Salad ** Biscuit *	11 Fish Tenders * Smashed Baked Potato ** Dilled Carrots * Fruited Gelatin ** Wheat Sweet Yeast Roll **
14 Stuffed Salmon w/Alfredo Sauce * Herbed Pasta ** Brussels Sprouts * Hot Cinnamon Applesauce * Naan Flatbread *	15 Bourbon Chicken Red, Green Peppers & Onions Brown Rice ** Golden Delicious Apple * Fruited Gelatin **	16 Meatloaf * Meatloaf Gravy Mashed Potatoes * Peas & Carrots * Pineapple Tidbits * Wheat Sweet Yeast Roll **	17 Pork Chop Suey * Brown Rice ** Broccoli Fresh Pear ** Fortune Cookie Hawaiian Roll *	18 Chicken Mushroom Alfredo Penne ** Normandy Vegetable Blend Banana ** Savory Garlic Bread *
21 Chicken & Dumplings ** Biscuit * French Green Beans Fresh Plum * Pumpkin Mousse *	22 Crispy Pollock Fillet * Macaroni & Cheese * Brussels Sprouts Strawberries & Blueberries * Hawaiian Roll *	23 Philly Sloppy Joe's *** Baked Beans ** Cucumbers 'n Vinegar Golden Delicious Apple *	24 Dutch Chicken Wheat Bread Stuffing ** Carrots * Mango Chunks *	25 Swiss Steak Beef Gravy Mashed Potatoes * Braised Cabbage * Banana ** Sweet Orange Bread **
28 Swedish Meatballs * Mashed Potatoes * French Green Beans Peaches * Pumpkin Muffin **	29 Pork Fritter w/Alfredo * Parsley Potatoes * Stewed Apples * Cucumbers 'n Vinegar Savory Garlic Bread *	30 Turkey Pot Roast Mashed Potatoes * Roasted Butternut Squash * Strawberries ** Cranberry Walnut Bread *	31 HALLOWEEN Ghoulish ** Scary Garlic Bread * Creepy Corn ** Granny Smith Apple ** Candy Corn Rice Krispie Treat****	1 NOVEMBER Meat & Veggie Pizza ** Peas & Cheese Salad * Fruited Gelatin ** Banana **

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend:

Sanford: (989) 687-7888 Coleman: (989) 465-6216 Trailside: (989) 633-3790 Mills: (989) 282-1622 Greendale: (989) 832-8683.

Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.

Meals on Wheels Cold MENU • OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Tuna Salad Apricots * Corn Salad * Wheat Sweet Yeast Roll **	1 OCTOBER Almond Lemon Chicken Peas & Peanut Salad * Raisins ** Hawaiian Roll *	2 Mexican Chicken Salad Clementine * Prune Juice * Ranger Cookie ** Salsa Tortilla Chips *	3 Cottage Cheese & Fruit * Peas & Cheese Salad * Hawaiian Roll * Chocolate Pudding **	4 Chicken and Bean Salad ** Mandarin Oranges * Naan Flatbread * Banana Chocolate Chip Cookie **
7 Ham Sandwich *** Three Bean Salad * Chunky Applesauce *	8 Egg Salad Confetti Bean Salad * Kiwi * Apple Juice * Naan Flatbread *	9 Turkey & Cheese Savory Garlic Bread ** Red Beans & Pasta Salad ** Clementine (2) * Banana Chocolate Chip Muffin ***	10 Tuna Apple Salad Pineapple Tidbits * Navy Bean Salad * Naan Flatbread *	11 Taco Salad Salsa Tortilla Chips * Fresh Plum * Ginger Snap Cookie **
14 Crispy Oven Chicken * Colby Jack Cheese Slice Hamburger Bun ** Red Beans & Pasta Salad ** Mango Chunks *	15 Chicken Waldorf Salad Greek Pasta Salad * Fresh Pear ** Rye Bread *	16 Boiled Eggs Cottage Cheese Peas & Cheese Salad * Tropical Fruit * Strawberry Parfait **	17 Cottage Cheese & Fruit * Confetti Bean Salad * Fruit Cocktail * Pumpkin Muffin **	18 Meatloaf * Beets * Clementine * Rye Bread (2) **
21 Turkey Sandwich *** Cucumber and Carrot Salad Fresh Pear ** Chocolate Pudding **	22 Chicken Pasta Salad ** Beets * Mangos & Pineapple * Double Chocolate Muffin **	23 Tuna Pasta Salad ** Carrot & Celery Sticks Kiwi * Chocolate Chip Cookie *	24 Pork Sandwich ** Navy Bean Salad * Peaches *	25 Simple Egg Salad Beets * Burst O Berries * Bread Pudding *** Raisins **
28 Tuna Salad Apricots * Corn Salad * Wheat Sweet Yeast Roll **	29 Almond Lemon Chicken Peas & Peanut Salad * Rasins ** Hawaiian Roll *	30 Mexican Chicken Salad Clementine * Prune Juice * Ranger Cookie ** Salsa and Tortilla Chips *	31 HALLOWEEN Cottage Cheese & Fruit * Peas & Cheese Salad * Hawaiian Roll * Chocolate Pudding **	1 NOVEMBER Chicken and Bean Salad ** Mandarin Oranges * Naan Flatbread * Banana Chocolate Chip Cookie **

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