

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Kielbasa Sauerkraut German Potato Salad Peas Whole Wheat Bread Pineapple</p>	<p>4 Salisbury Steak Mashed Potatoes Gravy Squash Multi-grain Bread Vanilla Yogurt Berries</p>	<p>5 Chicken Breast Mushroom &amp; Bacon Sauce Brown Rice Brussels Sprouts Apple Slices Beetnik Chocolate Cake <b>October Birthdays</b></p>	<p>6 Sloppy Joe on a Bun Roasted Potatoes Baked Beans Grape Salad</p>	<p>7 Egg/Sausage/Cheese Breakfast Bake Seasoned American Potatoes Steamed Broccoli Mini Muffin Diced Fruit Mix</p>
<p>10 Meatloaf Mashed Potatoes Gravy Country Trio Veggie Blend Whole Wheat Bread Applesauce</p>	<p>11 Lemon &amp; Pepper Fish Baby Red Potatoes Broccoli Rye Bread Banana</p>	<p>12 Hamburger on a Bun Grilled Onions Baked Beans Potato Salad Mandarin Oranges Brownie <b>Tailgate Football Party</b></p>	<p>13 Lasagna Carrots Mixed Greens Garlic Breadstick Fruit Jell-O Dessert</p>	<p>14 Ham &amp; Scalloped Potatoes Peas Pineapple Multi-grain Bread Chocolate Pudding</p>
<p>17 Turkey a la King Carrots Biscuit Diced Pears Fudgy Black Bean Brownies</p>	<p>18 Chili w/Macaroni Crackers Cheddar Cheese Mixed Greens Apple Slices</p>	<p>19 Oven Baked Rosemary Chicken Baked Sweet Potato Cauliflower Cornbread Grapes</p>	<p>20 BBQ Pork Whole Wheat Hoagie Scalloped Potatoes Coleslaw Diced Peaches Cranberry Cake  <b>Cranberry Fest</b></p>	<p>21 Cheeseburger Bacon Casserole Green Beans Sliced Pickled Beets (cold) Whole Wheat Bread Apple Cake</p>
<p>24 Beef Vegetable Stew Biscuit Whole Kernel Corn Romaine/Spinach Salad Cookie</p>	<p>25 Sliced Turkey Mashed Potatoes Gravy Brussels Sprouts Whole Wheat Roll Pears</p>	<p>26 Cabbage Rolls Tomato Sauce Country Trio Veggie Whole Wheat Bread Pineapple Spooky Spice Cake  <b>Halloween</b></p>	<p>27 Swiss Steak Mashed Potatoes 3-Bean Salad Rye Bread Ambrosia Fruit Salad</p>	<p>28 Mac &amp; Cheese Broccoli &amp; Cauliflower Whole Wheat Roll Mandarin Oranges Bananas &amp; Vanilla Pudding</p>
<p>31 Italian Rigatoni Casserole Green Beans Mixed Green Garlic Breadstick Carrot Cake</p>		<p><b>All Meals Include:</b> Margarine/butter, Milk, Coffee, and Condiments. (Coffee not included with Meals on Wheels.) Menu subject to change without notice.</p>		