

Home Delivered Program

October 2026 – Menu

			1 – Thursday Veggie Frittata w/ Cheese Potatoes O'Brien Sausage Apricots Applesauce Bread w/ Jelly	2 – Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges Bread
5 – Monday Mexican Chicken and Rice w/cheese Corn Broccoli Diced Pears Graham Crackers Salsa & Sour Cream	6 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Mixed Fruit	7 – Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Applesauce Bread	8 – Thursday Chicken Apple Crunch Salad Chopped Lettuce w/ Ranch Apricots SF Vanilla Pudding Bread	9 – Friday Baked Tilapia OR Grilled Chicken Breast over White Rice Butternut Squash Garlic Green Beans Peaches SF Chocolate Pudding
12 – Monday Frozen: Salisbury Steak w/ mushroom gravy Whipped Potatoes w/ Gravy Beets Meals on Wheels Closed for Columbus Day	13 – Tuesday Chicken and Noodles Seasoned Cauliflower Cooked Spinach Vinegar Packet Mandarin Oranges SF Chocolate Pudding	14 – Wednesday Meatloaf w/gravy Whipped Potatoes w/gravy California Blend Baked Apples Lorna Doones Bread	15 – Thursday Shredded Pork w/ BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun	16 – Friday Tender Beef Pot Roast w/ Gravy Whipped Potatoes w/ Gravy California Blend Apricots Vanilla Wafer Bread
19 – Monday Beef & Noodles Capri Vegetables Broccoli Mandarin Oranges Bread	20 – Tuesday Chili Mac w/ Kidney and Black Beans Peas & Carrots Breadstick Apricots Applesauce	21 – Wednesday Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/ Italian Dressing SF Red Jello Bread	22 – Thursday Chicken Pot Pie Lima Beans Cauliflower Diced Peaches SF Vanilla Pudding	23 – Friday Shredded Honey Sriracha Pork Garlic Green Beans over White Rice Oriental Blend Vegetables Diced Pears Angel Food Cake
26 – Monday Turkey Goulash Garlic Green Beans Breadstick Pears Peaches	27 – Tuesday Beef Stew Seasoned Corn Whipped Potatoes w/ Gravy Baked Apples SF Jello Biscuit	28 – Wednesday Shredded Chicken w/ BBQ Peas Butternut Squash Cole Slaw Applesauce Bun	29 – Thursday Shredded Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Bread Peaches	30 – Friday Tuna Noodle Casserole OR Turkey Patty w/ Gravy over White Rice Broccoli Cauliflower Mixed Fruit Graham Crackers Bread

****The menu is subject to change****

All meals served with requested beverage.

You will only receive fish alternative if your diet requires “no fish”

