

Meal delivery
cancelations due
by **9:00 a.m.**

October 2021

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Modified Diet Choices Cardiac Diabetic Diverticulitis Texture Choices Regular Chopped Pureed Milk Choices Skim 2% Chocolate</p>	<p>Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>			<p>Oct. 1 CHOICE Salmon Patty Creamed Peas Caribbean Blend Vegetables Pears in Jell-O Hamburger Bun Tartar Sauce</p>
<p>Oct. 4 Chili Mac Casserole Capri Blend Vegetables Steamed Broccoli Orange Juice Wheat Bead with Margarine Carmel Apple Cookie</p>	<p>Oct. 5 Salisbury Steak with Herbed Gravy Mashed Potatoes & Gravy Onion Seasoned Green Beans Strawberry Applesauce Cup Dinner Roll with Margarine Apple Streusel Bread</p>	<p>Oct. 6 CHOICE Chicken Empanada Spanish Rice Black Beans & Corn Lettuce on Side & Taco Sauce Packet Fresh Banana Cherry Crisp</p>	<p>Oct. 7 Cheese Ravioli in Sauce with Mozzarella Buttered Corn Warm Peaches Broccoli Mozzarella Salad Chocolate Chip Muffin</p>	<p>Oct. 8 CHOICE Pimento Cheese & Chicken Salad Shredded Lettuce Dixie's Coleslaw Mandarin Oranges Crackers Watergate Salad</p>
<p>Oct. 11 Southwest Cheesy Chicken & Rice Beets Cauliflower with Pimento Apple Juice Wheat Bread with Margarine Strawberry Cream Pie</p>	<p>Oct. 12 Rib Patty in BBQ Sauce w/ Pickle Chips Hot German Potato Salad Sliced Carrots Fruit Cocktail Hamburger Bun Chocolate Chip Cookie</p>	<p>Oct. 13 CHOICE Chicken Tenders Mashed Potatoes & Gravy Steamed Broccoli Biscuit with Margarine & Jelly Strawberries with Yogurt Dipping Sauce</p>	<p>Oct. 14 Glazed Ham Candied Sweet Potatoes Winter Blend Vegetables Fresh Apple Dinner Roll with Margarine Ginger Snaps</p>	<p>Oct. 15 CHOICE Garlic Bread Pizza with Pepperoni Spinach Warm Apple Slices Three Bean Salad Crackers Red Velvet Cake w/ Cream Cheese Ic-</p>
<p>Oct. 18 Cheeseburger with Onion & Pickle Tater Tots Sliced Beets Diced Peaches Hamburger Bun Double Chocolate Chip Cookie</p>	<p>Oct. 19 Han, Green Beans, & Potatoes Maple Dill Carrots Warm Dinner Roll with Margarine Mixed Fruit Vanilla Wafers</p>	<p>Oct. 20 CHOICE Chicken Tetrizzini Buttered Yellow Corn Warm Dinner Roll with margarine Fresh Orange Tossed Salad with French Dressing Lemon Pudding Cup</p>	<p>Oct. 21 Sandwich: Roast Beef, Cheese, Lettuce, Tomato, Pickle Mustard potato Salad Cinnamon Pears Croissant Cherry Crisp</p>	<p>Oct. 22 CHOICE Macaroni & Cheese Buttered Green Peas California Blend Vegetables Apple Juice Wheat Bread with Margarine Pumpkin Pie</p>
<p>Oct. 25 Oriental Chicken & Cabbage Midori Blend Vegetables Warm Peaches Biscuit with Margarine Vanilla Pudding Cup</p>	<p>Oct. 26 Oven Fried Chicken Drumsticks Mashed Potatoes & Gravy Bacon Seasoned Green Beans Cranberry Juice Wheat Bread with Margarine Apple Streusel Bread</p>	<p>Oct. 27 CHOICE BBQ Meatballs over Brown Rice California Blend Vegetables Cinnamon Apple Slices Tossed Salad with Ranch Crackers Watergate Salad</p>	<p>Oct. 28 Homemade Beef Stew over Biscuit Wax Beans Beets Fresh Pear Peach Pie</p>	<p>Oct. 29 CHOICE Turkey Burger with Provolone & Mushrooms Potato Wedges Steamed Broccoli Orange Juice Hamburger Bun Chocolate Cake with Fudge Icing</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Ingredient information is available on our website—www.mowfc.org