

# Meals on Wheels of Greeley OCTOBER 2018 Menu

<b>October 1</b> Fried Chicken Barley Casserole Butternut Squash Fresh Orange	<b>October 2</b> Pork Loin Mashed Potatoes w/ Gravy Spinach w/ Almonds Bread Tomato Salad Fresh Kiwi	<b>October 3</b> Beef Macaroni Casserole Lima Beans Cauliflower Bread Celery Salad Banana	<b>October 4</b> Ham w/ Cranberry Mustard Sauce Red Bliss Potatoes Carrot Bread Broccoli Peanut Salad Apricot	<b>October 5</b> Potato Crunch Fish w/ Tartar Sauce Rice Pilaf Broccoli w/ Cheese Bread Garbanzo Salad Peach Crisp
<b>October 8</b> Salisbury Steak w/ Mushroom Gravy Cheesy Mashed Potatoes Brussel Sprouts Bread Coleslaw Plum	<b>October 9</b> Biscuit with Sausage Gravy Broccoli Stewed Tomatoes Fresh Kiwi Apple Crisp	<b>October 10</b> King Ranch Chicken Rice Pilaf Corn Coleslaw Orange Peach Crisp	<b>October 11</b> Scrambled Eggs w/ Peppers and Onion Sausage Patty French Toast Sticks w/ Compote Spinach and Almonds Cherry tomatoes Banana	<b>October 12</b> Meatloaf w/ Gravy Cheesy Mashed Potatoes Stewed Tomatoes Bread Carrot and Raisin Slaw Lentil Cookie Apple
<b>October 15</b> Country Style Pork Ribs Baked Potato NW Blend Veggies Black Eyed Pea Salad Orange	<b>October 16</b> Beef Chili Winter Blend Carrots Cornbread Apple	<b>October 17</b> Baked Chicken Macaroni and Cheese Peas and Pimento Fruit Salad Bran Muffin	<b>October 18</b> Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Bread Cool Cucumber Salad Kiwi	<b>October 19</b> Beef Stroganoff Green Beans Tomato Salad Kiwi Carrots Banana Cake
<b>October 22</b> Beef with Peppers Baked Potato Oregon Vegetables Bread Beet Salad Banana	<b>October 23</b> Chicken Pasta Primavera Italian Vegetables Asparagus Breadstick Fruit Salad Banana Muffin	<b>October 24</b> Beef Picadillo Scandinavian Vegetables Red Beans and Rice Bread Tropical Fruit Yogurt	<b>October 25</b> Hamburger w/ Mayo, Mustard, Lettuce, Tomato Onion Baked Beans Zucchini Orange	<b>October 26</b> Lemon Baked Fish Red Bliss Potatoes Peas and Carrots Bread Broccoli Peanut Salad Cherry Crisp
<b>October 29</b> Polish Sausage w/ Mustard Sweet Potatoes NW Blend Veggies Red Beans and Rice Bread Orange	<b>October 30</b> Beef Stew Broccoli Okra and Tomatoes Bread Garbanzo Salad Peach Crisp	<b>October 31</b> Pork Carnitas Spanish Green Beans Spanish Rice Latin Coleslaw Kiwi Lentil Cookie		

All meals contain 1% Milk

Margarine served with Bread and Baked Potato

**MENU CHANGES MAY OCCUR WITHOUT NOTICE**

hh 9/12/18