



HOME DELIVERED MEAL MENU

October 2023

Nutrition, Inc.

October 2	October 3	October 4	October 5	October 6
Hot Dog & Bun Cheesy Potatoes Green Beans Mixed Fruit	BBQ Lean Beef w/Wheat Bun Rice Winter Blend Veggies Peaches	Chicken Piccata Gourmet Potatoes Peas Wheat Bread Fresh Apples	Italian Meatloaf Ravioli w/Sauce Carrots Wheat Bread Fresh Fruit	Turkey w/Stuffing & Gravy Whipped Potatoes Brussels Sprouts White Bread Fruit Cup
October 9	October 10	October 11	October 12	October 13
Roast Beef & Gravy Buttered Noodles Mixed Veggies Wheat Bread Pineapple Tidbits Cookie	Cabbage Roll w/Tomato Sauce Garlic Whipped Potatoes Carrots Dinner Roll Fruit Cup	Tuscan Chicken Breast Parsley Potatoes Green Beans White Bread Fresh Seasonal Fruit Cookie	Salisbury Steak w/Mushroom Gravy Seasoned Potatoes Broccoli Wheat Bread Gelatin	Fiesta Chicken Breast w/Salsa & Cheddar Cheese Cilantro Lime Rice Black & Gold Corn Fresh Fruit
October 16	October 17	October 18	October 19	October 20
Pork Loin w/Gravy Scalloped Potatoes Broccoli White Bread Cookie	Sweet & Sour Chicken w/Sauce White Rice Stir Fry Veggies Wheat Bread Mixed Fruit	Beef Tips w/Gravy Horseradish Whipped Potatoes Corn Wheat Bread Fresh Fruit	Chicken & Dumplings Seasoned Potatoes Yellow Beans Wheat Bread Fresh Fruit	Meatballs w/Gravy Buttered Noodles Peas Wheat Bread Mandarin Oranges
October 23	October 24	October 25	October 26	October 27
Chicken Cutlet Cheesy Potatoes Carrots White Bread Gelatin	Lasagna w/Vegetable Cream Sauce Italian Green Beans Dinner Roll Warm Apple Crisp	Pepper Steak w/Gravy Cabbage & Noodles Peas Wheat Bread Fresh Fruit	Meatball Hoagie Home Fries Green Beans Pineapple Tidbits	Breaded Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit
October 30	October 30			
Pasta & Meatballs Italian Green Beans White Bread Mandarin Oranges	Cheeseburger Seasoned Potatoes Peas Hamburger Roll Peaches			

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.