

**SENIOR
OCTOBER
2017**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	BAKED HAM SWEET POTATO GREEN BEANS DINNER ROLL FRUIT COCKTAIL	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
9	10	11 OCTOBER B-DAY PARTY	12	13
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL SF JELLO W\FRUIT	BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. ROLLS, APPLE CRISP BIRTHDAY CUPCAKES	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	CHICKEN FIESTA TACO SPANISH RICE CHEESE, LETT, TOMATO REFRIED BEANS PINEAPPLE B.) CHIX SAL./TOMATO
16	17	18	19	20
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK AUGRATIN POTATOES GREEN BEANS DINNER ROLL SLICED PEACHES	CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE	A.) BRAISED BEEF MASHED POT/GRAVY CORN DICED PEARS WHEAT BREAD -2 B.) TUNA SAL/CHIX RICE
23	24	25	26	27
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE	LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	MOSTACCIOLI W\MEATSAUCE BRUSSELL SPROUTS SCAND. BLEND VEGGIES GARLIC BREAD APRICOTS
30	31			
CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE			8 oz. Low Fat Milk served with all lunches.

