

**SENIOR
October
2018**



**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
1	2	3	4	5
CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) LIVER & ONIONS MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) MEATLOAF	SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS	LEMON TILAPIA WILD RICE PEAS DINNER ROLL FRUIT COCKTAIL
8	9	10 OCTOBER B-DAY PARTY	11	12
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	A.) BEEF STEW BUTTERMILK BISCUIT MANDARIN ORANGES B.) R. BEEF/CR. MUSH.	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI TOSSED SALAD/DRSG. ROLL \ PUMPKIN BAR CUPCAKES	MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
15	16	17	18	19
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	PIZZA BURGER WHEAT BUN GREEN BEANS TATOR TOTS DICED PEARS	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY COUNTRY BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE/TOMATO MEXICAN CORN \ BEANS FRESH FRUIT
22	23	24	25	26
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A.) PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 MANDARIN ORANGES B.) TURKEY/VEGETABLE
29	30	31		
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP MASHED POT/GRAVY PEAS TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP		

8 oz. Low Fat Milk served with all lunches.