

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



October 2017

Menu Is Subject To Change Without Notice

Meals are Funded By



Along with Participant Contributions,
United Way Partners, Grant Awards and
Local Donations

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 Deviled Pork Chop Roasted Sweet Potato Peas Whole Wheat Bread Fresh Apples | 3 Sloppy Joes Red Skin Potatoes Key West Blend Vegetables Whole Wheat Bun Peach Slices | 4 BBQ Pork Chop Baked Potato w/ Sour Cream Coleslaw Cornbread Mandarin Oranges | 5 Stuffed Peppers Harvest Beets Sunshine Salad Cornbread Pears | 6 Fish Creole over Rice Baked Squash Multigrain Bread Fruit Cocktail |
| 9 Sliced Turkey w/ Gravy Mashed Potatoes Green Bean Casserole Whole Wheat Roll Pineapple | 10 Goulash Mixed Vegetables Tossed Salad w/ Italian Dressing Whole Wheat Bread Apple Crisp | 11 Greek Chicken Parsley Potatoes Seasoned Spinach Whole Wheat Roll Fruit in Jell-O | 12 Pepper Steak Brown Rice Snap Peas Whole Wheat Bread Citrus Mix | 13 Spaghetti w/ Meat Sauce European Blend Vegetables Garlic Bread Pears |
| 16 Fall Harvest Maple Chicken Zucchini Parslied Carrots Dinner Roll Pudding w/ Fruit | 17 Chicken Tetrazzini Zucchini / Red Peppers Parslied Carrots Silver Dollar Roll Apricots in Vanilla Pudding | 18 Taco Casserole Green Beans Tossed Salad w/ French Dressing Whole Wheat Bread Applesauce | 19 Broccoli Quiche Potatoes O'Brien Tomato Salad 1/2 English Muffin Pears | 20 Beef Stroganoff over Noodles Sweet Yellow Corn Marinated Vegetable Salad Rye Bread Fresh Orange |
| 23 Meatloaf Macaroni & Cheese Green Beans Roll Apricots | 24 Chicken & Broccoli Casserole Scalloped Tomatoes Carrots Banana Bread | 25 Tuna Noodle Casserole Peas & Pearl Onions Side Salad w/ Ranch Dressing Mini Breadstick Peach Cobbler | 26 Swiss Chicken Twice Baked Potato Corn Zucchini Sauté Whole Wheat Roll Fruited Yogurt | 27 Lemon Baked Fish Simple Baked Rice Roasted Vegetables Breadsticks Fruit Cocktail Birthday Cake |
| 30 BBQ Chicken Hot German Potato Salad Coleslaw Bread Pudding Pears | 31 Halloween Meal Zombie Eyes (Meatballs with Spaghetti Sauce) Brains (Spaghetti) Batty Peas Mummy Rolls (Crescent) Witch's Brew (Cider) | | | Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal |