

Meals on Wheels of SW Michigan/  
Senior Nutrition Services  
Congregate Menu



**OCTOBER 2018**

**Menu Is Subject To Change Without Notice**

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> BBQ Chicken Cold German Potato Salad Steamed Spinach Whole Wheat Roll Apple	<b>2</b> Carolina Pulled Pork Baked Beans Roasted Potatoes Bun Peaches	<b>3</b> Fish Creole Steamed Rice Baked Squash Biscuit Mandarin Oranges	<b>4</b> Hungarian Goulash over Noodles Mixed Vegetables Green Salad w/ Shredded Carrots & Cheese Whole Wheat Roll Citrus Mix	<b>5</b> Turkey Tetrazzini over Noodles Peas Carrots Whole Wheat Roll Apple Cobbler
<b>8</b> Meatloaf Mac & Cheese Peas Whole Wheat Roll Pears	<b>9</b> Turkey Burger w/ Tomato, Lettuce, & Pickle Apple Bean Bake Whole Wheat Bun Orange	<b>10</b> Chicken Parmesan Spaghetti Steamed Broccoli Side Salad Breadstick Peaches	<b>11</b> Lemon Fish Herbed Rice Roasted Vegetables Biscuit Seasonal Fruit	<b>12</b> Egg, Ham & Cheese Frittata Roasted Tomatoes Potatoes O'Brian Banana Bread Yogurt
<b>15</b> Sliced Ham w/ Pineapple Sauce Mixed Vegetables Steamed Corn Whole Wheat Roll Grapes	<b>16</b> Tuna Noodle Casserole Mixed Peas & Onions Side Salad Whole Wheat Bread Peach Cobbler	<b>17</b> Pepper Steak w/ Peppers & Onions Brown Rice Snap Peas Citrus Mix	<b>18</b> Swiss Chicken Twice Baked Potato Succotash / Spinach Salad Whole Wheat Roll Fruited Jell-O	<b>19</b> Roast Pork w/ Gravy Green Beans Mashed Sweet Potatoes Corn Bread Chunky Applesauce
<b>22</b> Beef Tacos on a Tortilla w/ Cheese, Tomatoes, Lettuce Black Beans Cucumber Salad Pineapple	<b>23</b> Greek Chicken Parslied Potatoes Steamed Broccoli Whole Wheat Roll Banana in Jell-O	<b>24</b> Grilled Chicken Sandwich Tomato & Lettuce Coleslaw Macaroni Salad Fruited Yogurt	<b>25</b> Stuffed Peppers w/ Meat & Rice Beets / Sunshine Salad Whole Wheat Bread Pears	<b>26</b> Baked Potato Bar w/ Broccoli / Cheese / Onions / Ground Beef Celery Sticks w/ Ranch Apricots Birthday Cake
<b>29</b> Sloppy Joes Redskin Potatoes Vegetable Mix Bun Peaches	<b>30</b> Liver & Onions Mashed Potatoes French Green Beans Whole Wheat Roll Fruit Cocktail	<b>31 Halloween</b> Hot Eyeballs (Meatballs) Sandwich w/ Cheese Creepy Fingers (Carrots & Celery w/ Dip) Whole Wheat Bun Gory Applesauce	<b>Meals Provide (average per week)</b> 85 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal	