

Natrona County Meals On Wheels Menu

October 2023

Questions? Call us, **265-8659**
(All meals are served with 8oz of Milk.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2-Oct</p> <p>Honey Bbq Chicken Cubed Potato Green Beans Carrot & Celery Sticks Fresh Fruit Wheat Bread Milk</p>	<p>3-Oct</p> <p>Spaghetti w/Meat Sauce Sugar Snap Peas Broccoli & Cauliflower Salad Prunes Garlic Bread Milk</p>	<p>4-Oct</p> <p>Breaded Pork Chops Mashed Potato w/Gravy Carrots Tossed Salad w/Cheese & Olives Tropical Fruit Wheat Bread Milk</p>	<p>5-Oct</p> <p>Roast Beef Baked Potato Key West Blend Vegetable Crunchy Calico Salad Fruit Cocktail Wheat Rolls Milk</p>	<p>6-Oct</p> <p>Lamb Chops Mashed Potato w/Gravy Scandinavian Blend Vegetable Pears Yogurt Wheat Bread Milk</p>
<p>9-Oct</p> <p>Beef Patty w/Gravy Mashed Potato w/Gravy Island Blend Vegetable Tossed Spinach Salad Apricots Wheat Bread Milk</p>	<p>10-Oct</p> <p>Pork Pasta Skillet Chuckwagon Blend Vegetable Fresh Fruit Jello Wheat Roll Milk</p>	<p>11-Oct</p> <p>Beef Brisket Red Buttered Potatoes Cascade Blend Vegetable Lettuce, Tomato, & Cucumber Salad Pears Wheat Bread Milk</p>	<p>12-Oct</p> <p>Turkey Meatloaf Mashed Potatoes w/Gravy Sugar Snap Peas Rainbow Chopped Salad Prunes Wheat Bread Milk</p>	<p>13-Oct</p> <p>French Country Chicken Over Pasta Broccoli & Carrot Blend Vegetable Garbanzo Bean & Mixed Vegetable Peaches Wheat Bread Milk</p>
<p>16-Oct</p> <p>Coconut Breaded Fish Medley Potatoes Sicilian Blend Vegetable Coleslaw Mandarin Oranges Wheat Bread Milk</p>	<p>17-Oct</p> <p>Chili Mozzarella Sticks Marinated Vegetable Salad Sliced Apples Cornbread Muffin Milk</p>	<p>18-Oct</p> <p>Ham Sweet Potato Brussels Sprouts Zucchini, Mushroom Salad Pineapple Wheat Bread Milk</p>	<p>19-Oct</p> <p>Oven Baked Chicken Mashed Potato w/Gravy Broccoli Garden Vegetable Salad Plums Wheat Rolls Milk</p>	<p>20-Oct</p> <p>Russian Stroganoff Succotash Blend Vegetable Fresh Fruit Pudding Wheat Bread Milk</p>
<p>23-Oct</p> <p>Beef Stew Zucchini Mediterranean Salad Applesauce Wheat Bread Milk</p>	<p>24-Oct</p> <p>Baked Fish Scalloped Potato Asparagus Cucumber & Onion Salad Apricots Wheat Bread Milk</p>	<p>25-Oct</p> <p>Chicken Cacciatore Over Egg Noodles Sunshine Carrots Russian Garden Salad Prunes Wheat Rolls Milk</p>	<p>26-Oct</p> <p>Pork Roast Garlic Roasted Potatoes Spinach Vegetable Salad Banana Wheat Bread Milk</p>	<p>27-Oct</p> <p>Green Pepper Casserole California Normandy Green Bean Salad Peaches Wheat Bread Milk</p>

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.