

Meals on Wheels October COVID-19 Menu 2020

TUESDAY	TUESDAY	THURSDAY	THURSDAY	THURSDAY
		10/1/2020 - HOT	10/1/2020 - FROZEN	10/1/2020 - FROZEN
		Texas Chili w/ Beans Whole Kernel Corn Mixed Greens Saltine Crackers Brownie Milk	Cheese Omelet Black Beans Stewed Tomatoes Dinner Roll Raisins Milk	Baked Chicken Green Peas Cauliflower Dinner Roll Oatmeal Cream Cookie Milk
10/6/2020 - HOT	10/6/2020 - BREAKFAST	10/8/2020 - HOT	10/8/2020 - FROZEN	10/8/2020 - FROZEN
Penne Pasta w/ Meatballs Steamed Cabbage Parsleyed Carrots Lime Gelatin w/ Peaches Texas Bread Milk	Orange Juice Peanut Butter Multi Grain Bread String Cheese Toasty O's Cereal/Milk Fresh Banana	Honey Glazed Ham* Lima Beans Stewed Tomatoes Fresh Orange Corn Muffin/Margarine Milk	Beef with Cream Gravy Roasted Sweet Potatoes Broccoli Dinner Roll Orange Pineapple Juice Milk	Teriyaki Chicken Sugar Snap Peas Japanese Vegetables Dinner Roll Fudge Cream Cookie Milk
10/13/2020 - HOT	10/13/2020 - BREAKFAST	10/15/2020 - HOT	10/15/2020 - FROZEN	10/15/2020 - FROZEN
Turkey Tetrazzini Broccoli Squash & Tomatoes Cherry Gelatin w/ Pineapple Wheat Bread Milk	Cranberry Juice Peanut Butter Multi Grain Bread Toasty O's Cereal/Milk Fresh Banana Pineapple Tidbits	BBQ Pork on Bun* Macaroni & Cheese Italian Green Beans Fresh Apple Milk	Beef with Rosemary Gravy Black-Eyed Peas Spinach Dinner Roll Apple Juice Milk	Cranberry Chicken Lima Beans Whole Kernel Corn Dinner Roll Nutty Buddy Bar Milk
10/20/2020 - HOT	10/20/2020 - BREAKFAST	10/22/2020 - HOT	10/22/2020 - FROZEN	10/22/2020 - FROZEN
Beef Stroganoff Broccoli Zucchini & Tomatoes Fresh Orange Texas Bread Milk	Orange Juice Peanut Butter Multi Grain Bread String Cheese Toasty O's Cereal/Milk Fresh Banana	Hot Chopped Pastrami on Bun Macaroni & Cheese Catalina Vegetables Nutty Buddy Bar Milk	Beef with Onion Gravy Crispy Cubed Potatoes Green Beans Dinner Roll Orange Juice Milk	Baked Chicken Pinto Beans Sliced Carrots Dinner Roll Fig Bar Milk
10/27/2020 - HOT	10/27/2020 - BREAKFAST	10/29/20 - HOT	10/29/20 - FROZEN	10/29/20 - FROZEN
Turkey Noodle Casserole Lemon Brussels Sprouts Seasoned Cauliflower Fresh Orange Texas Bread Milk	Cranberry Juice Peanut Butter Multi Grain Bread Toasty O's Cereal/Milk Fresh Banana Pineapple Tidbits	Mushroom Pork Patty* Black-Eyed Peas Steamed Cabbage Oatmeal Raisin Cookie Corn Muffin/Margarine Milk	Hamburger Patty Baked Beans California Vegetables Hamburger Bun Apple Juice Milk	Baked Chicken with Gravy Roasted Sweet Potatoes Green Peas Dinner Roll Orange Juice Milk

Note: *contains pork

*** During COVID-19, deliveries will take place only on Tuesdays and Thursdays in order to keep everyone as safe as possible.***