

Senior Café and Meals on Wheels

October

2024

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
<u>Mushroom Pork Loin</u>	<u>Balsamic Tortellini</u>	<u>Chicken & Sweet Potato</u>	<u>Split Pea Stew</u>	<u>Homestyle Beef & Bean Skillet</u>
Low Fat Milk Papaya & Mango Cup Creamed Mushrooms Wheat Dinner Roll Shredded Pork Loin	Low Fat Chocolate Milk Peach Cup Steamed Snap Peas & Bell Peppers Balsamic Tortellini Salad Chicken Sausage	Low Fat Milk Pineapple Cup Sweet Potato Mash Steamed Barley Chicken Breast	Low Fat Chocolate Milk Raisins Peppers & Asparagus White Rice Wheat Dinner Roll Split Pea Stew	Low Fat Milk Peach Cup Zesty Braised Pinto Beans Whole Grain Macaroni Ground Beef
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
<u>Sweet & Sour Meatballs</u>	<u>Caprese Pasta Salad</u>	<u>Smoky Red Beans & Rice</u>	<u>BBQ Pork & Succotash</u>	<u>Stuffed Pepper Casserole</u>
Low Fat Milk Pineapple Cup Stir Fry Vegetables Brown Rice Beef Meatballs Sweet & Sour Sauce	Low Fat Milk Raisins Basil Tomatoes Pasta Salad Chicken Breast	Low Fat Milk Applesauce Peppers & Onions Brown Rice Red Beans	Low Fat Milk Papaya & Mango Cup Corn Succotash Wheat Dinner Roll BBQ Pulled Pork	Low Fat Chocolate Milk Orange Cup Yellow Squash White Rice with Peppers Ground Beef Shredded Cheese
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
<u>Herb Infused Lentils</u>	<u>Tuna Salad</u>	<u>Roast Pork & Cinnamon Apples</u>	<u>Chicken Bacon Ranch Sandwich</u>	<u>Smoked Beef Brunswick Stew</u>
Low Fat Milk Applesauce Peas & Carrots Brown Rice Herb Infused Lentils	Low Fat Chocolate Milk Papaya & Mango Cup German Potato Salad Whole Grain Blueberry Muffin Tuna Salad	Low Fat Milk Cinnamon Apples Green Bean & Bell Pepper Medley Steamed Barley Roast Pork	Low Fat Milk Pineapple Cup Roasted Sweet Potato Whole Grain Bun Whole Grain Chicken Patty Bacon Strips Ranch Dressing	Low Fat Milk Lima Beans & Corn Cornbread Smoked Beef Stew
	Meal contains pork		*Meal contains pork*	*Meal contains pork*
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
<u>Southern Black Eyed Peas</u>	<u>Tarragon Chicken Salad</u>	<u>Kansas City Meatloaf</u>	<u>Turkey Moussaka</u>	<u>Chicken Noodle Bowl</u>
Low Fat Milk Raisins Collard Greens White Rice Southern Black Eyed Peas	Low Fat Milk Pineapple Cup Marinated Artichokes & Radish Couscous Tabbouleh Tarragon Chicken Salad	Low Fat Milk Caramelized Onions & Zucchini Whole Grain Mac & Cheese Beef Meatloaf BBQ Sauce	Low Fat Milk Papaya & Mango Cup Roasted Eggplant Mediterranean Rice Ground Turkey Ricotta Herb Sauce	Low Fat Milk Applesauce Carrots & Celery Egg Noodle Braised Chicken in Broth
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
<u>Mushroom Pork Loin</u>	<u>Balsamic Tortellini</u>	<u>Chicken & Sweet Potato</u>	<u>Split Pea Stew</u>	<u>Homestyle Beef & Bean Skillet</u>
Low Fat Milk Papaya & Mango Cup Creamed Mushrooms Wheat Dinner Roll Shredded Pork Loin	Low Fat Chocolate Milk Peach Cup Steamed Snap Peas & Bell Peppers Balsamic Tortellini Salad Chicken Sausage	Low Fat Milk Pineapple Cup Sweet Potato Mash Steamed Barley Chicken Breast	Low Fat Chocolate Milk Raisins Peppers & Asparagus White Rice Wheat Dinner Roll Split Pea Stew	Low Fat Milk Peach Cup Zesty Braised Pinto Beans Whole Grain Macaroni Ground Beef

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Chef2Home Q3Q4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2		October 1	October 2	October 3	October 4
	 	Grape Juice <u>Thai Ginger Curry Chicken</u> Fajita Vegetables Broccoli Brown Rice Pilaf Whole Grain Roll Butter	<u>Salisbury Steak</u> Mushroom Gravy Classic Mashed Potatoes Carrots Warm Sliced Apples Whole Grain Roll Butter	Juice <u>Turkey & Swiss Sandwich</u> Potato Salad Mayonnaise Packet	Peach Cup <u>Beef & Bean Chili</u> Broccoli Whole Grain Roll Butter
WEEK 3	October 7	October 8	October 9	October 10	October 11
	Applesauce <u>Italian Meatloaf</u> Carrots Mashed Potatoes Whole Grain Roll, Butter	Juice <u>Turkey Divan</u> Broccoli Cheese Sauce Brown Rice Pilaf Whole Grain Bread, Butter	<u>French Onion-Breaded Pork Chop</u> Gravy Mashed Potatoes Peas Cinnamon Apple Crisp Whole Grain Roll, Butter	Juice <u>Taco Salad</u> Beef Shredded Cheddar Diced Tomatoes, Lettuce Black Bean & Corn Salad Taco Sauce, Whole Grain Tortilla	Applesauce <u>Southwest Chicken Cheddar Penne</u> Black Beans & Corn Cheese Sauce, Stewed Tomatoes, Broccoli Whole Grain Roll, Butter
WEEK 4	October 14	October 15	October 16	October 17	October 18
	Juice <u>Cheese Pizza</u> Italian Bean Medley	Juice <u>Beef Goulash</u> Elbow Macaroni Tomato Sauce Carrots Peas Whole Grain Roll, Butter	<u>Moroccan Chicken & Lentils</u> Moroccan Sauce Peppers Mixed Vegetables Brown Rice Pilaf Warm Apples w/ Raisins Whole Grain Bread, Butter	Juice <u>Turkey Ham & Cheddar Sandwich</u> Broccoli Salad Mayonnaise Packet Whole Grain Bread	<u>Swiss Steak</u> Swiss Steak Sauce Mashed Potatoes Normandy Blend Cinnamon Apples Whole Grain Roll, Butter
WEEK 1	October 21	October 22	October 23	October 24	October 25
	<u>Chicken Parmesan</u> Broccoli Whole Grain Rotini Cinnamon Apple Crisp	Juice <u>Ham Steak with Pineapple Glaze</u> Peas Brown Rice Pilaf Whole Grain Roll, Butter	Applesauce <u>Chicken w/ Country Pepper Gravy</u> Carrots Mashed Potatoes Whole Grain Roll, Butter	Diced Pears <u>Italian Chicken Salad</u> Salad Greens Whole Grain Roll, Butter Italian Dressing	Applesauce <u>Penne Pasta & Meatballs with Marinara Sauce</u> Cauliflower Brussel Sprouts Whole Grain Roll, Butter
WEEK 2	October 28	October 29	October 30	October 31	
	Juice <u>BBQ Seasoned Pork</u> Green Beans Sweet Potatoes Whole Grain Roll, Butter	Juice <u>Thai Ginger Curry Chicken</u> Fajita Vegetables Broccoli Brown Rice Pilaf Whole Grain Roll, Butter	<u>Salisbury Steak</u> Mushroom Gravy Classic Mashed Potatoes Carrots Warm Sliced Apples Whole Grain Roll, Butter	*HOLIDAY MEAL!* Pumpkin Pasta with Italian Sausage Fresh Fruit Salad Sautéed Spinach Roasted Cauliflower Whole Grain Bread, Bread	

This menu has been designed using the DOEA component meal pattern requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day (2 oz edible portion protein, 3/4 cup vegetable and 1/2 cup fruit OR 1 1/2 cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A 3 times per week; includes whole grain foods).

*whole grain