



HOME DELIVERED MEAL MENU

October 2024

Nutrition, Inc.

October 1	October 2	October 3	October 4	
Pork w/Gravy Pierogi w/Kraut Broccoli Wheat Bread Fruit Gel Cup	Rosemary Chicken Garlic Whipped Potatoes Brussels Sprouts White Bread Mandarin Oranges	Chili Dog w/Bun Green Beans Fresh Fruit	Alfredo Tortellini Spinach Stewed Tomatoes Fresh Fruit Cookie	
October 7	October 8	October 9	October 10	October 11
Battered Fish Spicy Red Beans & Rice Collard Greens White Bread Fruit Cup	Beef Stroganoff w/Egg Noodles Broccoli White Bread Warm Pears	Swedish Meatballs w/Buttered Noodles Sweet Potato Casserole w/Cranberries Wheat Bread Mixed Fruit	Chicken Marsala Brussels Sprouts Wheat Bread Warm Cinnamon Peaches Cookie	Veggie Pizza Casserole Broccoli Dinner Roll Warm Peaches
October 14	October 15	October 16	October 17	October 18
Hot Dog w/Roll Garlic & Herb Baby Bakers Lima Beans Wheat Bread Mixed Fruit	Chicken Filet Broccoli Wheat Bun Warm Cinnamon Apples	Egg Omelet w/Peppers & Onions Potatoes O'Brien Mini Biscuit Fresh Seasonal Fruit	Beef Stew Peas Dinner Roll Warm Fruit Compote	Chicken Piccata Gourmet Potatoes Peas Wheat Bread Fresh Apple
October 21	October 22	October 23	October 24	October 25
Pasta & Meatballs Italian Green Beans White Bread Raisins	Cabbage Roll Garlic Whipped Potatoes Carrots Dinner Roll Applesauce	Tuscan Chicken Breast Parsley Potatoes Green Beans White Bread Fresh Seasonal Fruit Cookie	Roast Beef w/Gravy Buttered Noodles Mixed Vegetables Wheat Bread Fresh Fruit	Stuffed Pasta Broccoli Dinner Roll Warm Peach Crisp
October 28	October 29	October 30	October 31	
Orange Chicken Stir Fry Vegetables Brown Rice Wheat Bread Fruit Gel Cup	Italian Sausage w/Bun w/Pepper, Tomato & Onions Spinach Oatmeal Crème Pie	Bonnie's Chicken & Rice w/Peas & Mushrooms Broccoli Wheat Bread Warm Pears	Beef Marsala Whipped Potatoes Green Beans White Bread Fresh Seasonal Fruit	

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.

