

October MOW Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Chicken Alfredo Casserole Roasted Brussel Sprouts Carrots Fresh Grapes</p>	<p>2</p> <p>Homestyle Meatloaf Mashed Potatoes Veggie Medley Gelatin</p>	<p>3</p> <p>Chicken Fajita Bowl Cilantro Lime Rice Black Beans Fire Roasted Corn Tortilla Chips Diced mango</p>	<p>4</p> <p>Oven Roasted Turkey Sweet Potatoes Green Beans Dinner Roll Choc Chip Cookie</p>
<p>7</p> <p>Fish Nuggets Mac & Cheese Veggie Medley Chocolate Pudding</p>	<p>8</p> <p>Smoked Brisket Roasted Red Potatoes Sweet Corn Raisins</p>	<p>9</p> <p>Sweet & Sour Chicken Fluffy Rice Veggie Spring Roll Steamed Broccoli Fortune Cookie</p>	<p>10</p> <p>Salisbury Steak Garlic Mashed Potatoes Carrot Coins Banana</p>	<p>11</p> <p>Chicken Pizzaiola Italian Orzo Brussels Sprouts Dinner Roll Gelatin</p>
<p>14</p> <p>Three Cheese Lasagna Peas & Carrots Cauliflower Florets Blueberry Loaf Cake</p>	<p>15</p> <p>Chicken Fried Chicken Mashed Potatoes Asparagus w/Red Peppers Orange</p>	<p>16</p> <p>Turkey Chili Cornbread Bowl Veggie Medley Gelatin</p>	<p>17</p> <p>Calabacitas con Pollo Spanish Rice Refried Beans Tortilla Chips Pineapple Tidbits</p>	<p>18</p> <p>Cheesy Stromboli Bites Marinara Sauce Italian Veggies Cinnamon Applesauce</p>
<p>21</p> <p>Southwest Cheese Omelet Hashbrown Rounds Steamed Broccoli Strawberry Yogurt Granola</p>	<p>22</p> <p>Turkey Meatballs Tomato Penne Peas & Pearls Garlic Bread Fresh Grapes</p>	<p>23</p> <p>Green Chile Chicken Enchilada Cilantro Lime Rice Black Beans Diced Mango</p>	<p>24</p> <p>Beef Stroganoff Brussel Sprouts Carrot Coins Sliced Bread Diced Peaches</p>	<p>25</p> <p>Arroz con Pollo Roasted Corn Spanish Green Beans Mini Concha</p>
<p>28</p> <p>Spiced Lentil Stew Brown Rice Pilaf Seasoned Asparagus Pineapple Tidbits</p>	<p>29</p> <p>Orange Chicken Fluffy Rice Veggie Spring Roll Garden Veggies Fortune Cookie</p>	<p>30</p> <p>Swiss Steak Garlic Mashed Potatoes Green Beans Gelatin</p>	<p>31</p> <p>BBQ Chicken Mac & Cheese Brussel Sprouts Bread Sugar Cookie</p>	

Fellowship Meals are served Monday - Thursday 11:30am - 12:00pm, Fridays 11:00am - 11:30am

LUNCH IS SERVED FOR 1/2 HOUR ONLY

Suggested Donation \$5 • Menus are subject to change