

# October 2023

## Meals On Wheels (MOW) Menu



## Meals on Wheels - 753-5084

<http://www.cortland-co.org/434/Area-Agency-on-Aging>

The suggested contribution is \$3.00.

Menu is subject to change without notice.

Mon	Tue	Wed	Thu	Fri
2. Potato Crusted Baked Fish Macaroni & Cheese Green Beans Coleslaw Peaches	3. Spanish Rice Whole Wheat Roll Green Beans Mixed Fruit	4. Open Faced Hot Turkey Sandwich w/Gravy Mixed Vegetable Coleslaw Berry Crisp	5. Ham, Broccoli & Cheddar Casserole Capri Blend Vegetables Whole Wheat Bread Pineapple	6. Philly Chicken w/ Mushrooms, Peppers, Onion & Cheese on a Bun Mashed Sweet Potatoes Pears
9.  <b>Indigenous People's Day Closed</b>	10. Beef Stew Biscuit Peas Cinnamon Applesauce	11. Roast Pork Loin w/ Gravy Stuffing Brussel Sprouts Mixed Fruit	12. Swedish Meatballs Noodles Sliced Carrots Mandarin Oranges Fig Bar	13. Marinated Chicken Breast Rice Pilaf Capri Blend Vegetables Coleslaw Whole Wheat Bread Peanut Butter Brownie
16. Goulash Green Beans Whole Wheat Bread Pineapple Tidbits	17. Macaroni & Cheese Stewed Tomatoes Broccoli Pears	18. Meatloaf Mashed Potatoes and Gravy Wax Beans Peanut Butter Brownie	19. Salisbury Steak Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread Hot Cinnamon Apple Slices	20. Sloppy Joes on a Bun Succotash Tossed Salad Peaches
23. Chicken N Biscuit Spinach Mixed Fruit	24. Hearty Chili Cornbread Mixed Vegetables Mandarin Oranges	25. <b>Happy Birthday!</b> Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Birthday Cake	26. Chipped Beef Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fruit Whip	27. Sausage, Peppers & Onions on a Bun Southern Style Black Eyed Peas Pears
30. Sweet & Sour Chicken over Rice Southwestern Blend Vegetables Vanilla Pudding w/ Topping	31. Chicken Patty Loaded Baked Potato w/Cheese & Broccoli Tossed Salad Banana			<b>8oz 1% Milk Daily</b>