

October 2022

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
3. Potato Crusted Baked Fish Macaroni & Cheese Green Beans Coleslaw Peaches	4. Spanish Rice Whole Wheat Roll Green Beans Mixed Fruit	5. Ham, Broccoli & Cheddar Casserole Capri Blend Vegetables Whole Wheat Bread Pineapple	6. Open Faced Hot Turkey Sandwich w/Gravy Mixed Vegetable Coleslaw Berry Crisp	7. Philly Chicken w/ Mushrooms, Peppers, Onion & Cheese on a Bun Mashed Sweet Potatoes Pears
10. Columbus Day Closed	11. Beef Stew Biscuit Peas Cinnamon Applesauce	12. Roast Pork Loin w/ Gravy Stuffing Brussel Sprouts Mixed Fruit	13. Marinated Chicken Breast Rice Pilaf Capri Blend Vegetables Coleslaw Whole Wheat Bread Peanut Butter Brownie	14. Swedish Meatballs Noodles Sliced Carrots Mandarin Oranges Fig Bar
17. Goulash Green Beans Whole Wheat Bread Pineapple Tidbits	18. Macaroni & Cheese Stewed Tomatoes Broccoli Pears	19. Meatloaf Mashed Potatoes and Gravy Wax Beans Peanut Butter Brownie	20. Salisbury Steak Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread Hot Cinnamon Apple Slices	21. Sloppy Joes on a Bun Succotash Tossed Salad Peaches
24. Chicken N Biscuit Spinach Mixed Fruit	25. Hearty Chili Cornbread Mixed Vegetables Mandarin Oranges	26. Happy Birthday! Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Birthday Cake	27. Chipped Beef Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fruit Whip	28. Sausage, Peppers & Onions on a Bun Southern Style Black Eyed Peas Pears
31. Sweet & Sour Chicken over Rice Southwestern Blend Vegetables Vanilla Pudding w/ Topping				8oz 1% Milk Daily