

**SENIOR
OCTOBER
2020**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**


**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. Low Fat Milk served with all lunches. 			1 BEEF STEW BUTTERMILK BUSCUIT MANDARIN ORANGES	2 LEMON TILAPIA WILD RICE PEAS DINNER ROLL FRUIT COCKTAIL
5 B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS DICED PEARS	6 A.) SLOPPY JOE WHEAT BUN TATOR TOTS CARROTS APRICOTS B.) HAM/VEGETABLE	7 BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI DINNER ROLL CHERRY COBBLER	8 MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	9 FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
12 COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	13 CHICKEN PATTY WHEAT BUN GREEN BEANS FARMER POTATOES DICED PEARS	14 SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	15 A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	16 CHEESY BEEF TACO FLOUR TORTILLA LETTUCE/TOMATO SPANISH RICE \ BEANS FRESH FRUIT
19 CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	20 SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE 2 SAUSAGE PATTIES PEACHES	21 POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	22 CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	23 A.) PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 MANDARIN ORANGES B.) TURKEY/VEGETABLE
26 HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	27 MEATLOAF CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	28 BAKED PORK CHOP MASHED POT/GRAVY MIXED VEGGIES DINNER ROLL APPLE CRISP	29 SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WHEAT BREAD-1 APRICOTS	30 A) TUNA NOODLE CASSEROLE BROCCOLI \ CARROTS PINEAPPLE TIDBITS DINNER ROLL B.) CHIX SAL./TOMATO