

**SENIOR
OCTOBER
2021**



SERVING SENIORS BOONE LEE OGLE WINNEBAGO COUNTIES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8 oz. Low Fat Milk served with all lunches. 				1 A.) CRISPY FISH SAND. WGR WHEAT BUN TARTAR MAC & CHEESE PEAS DICED PEACHES B.) TURKEY/MINESTRONE
	4	5	6	7	8
To make a reservation in Rockford 815-963-1609 or 1-800-779-1189	SALISBURY STEAK MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	A. TURKEY BURGER WGR WHEAT BUN SWEET POTATO FRIES BROCCOLI APPLE CRISP B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WGR WHEAT BUN TATOR TOTS BAKED BEANS CHILLED APPLESAUCE
	11	12	13	14	15
RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE 	BBQ RIBLETT WGR WHEAT BUN CHEESY POTATOES COUNTRY MIXED VEG DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD - 1 CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS AMBROSIA FRUIT SALAD	A. LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEGGIES WGR DINNER ROLL DICED PEACHES
	18	19	20	21	22
	CRANBERRY CHICKEN BUTTERED POTATOES GREEN BEANS WGR DINNER ROLL DICED PEARS	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL FRUITED JELL-O B.) LIVER & ONIONS	CHICKEN ALA KING W\ WGR BUTTERMILK BISCUIT BROCCOLI MANDARIN ORANGES	TILAPIA & GARLIC BUTTER WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
*CHOICE A only sent to MEALS ON WHEELS CLIENTS	25	26	27	28	29
	B.B.Q. CHIX BREAST WGR DINNER ROLL CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN TATOR TOTS BROCCOLI DICED PEARS B.) HAM\VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS DICED PEACHES	FISH PATTY W\TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES STRAWBERRY APPLESC TARTAR SAUCE
THERE ARE NO SUBSTITUTIONS					