

**SENIOR
OCTOBER
2024**



**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
	1	2	3	4
	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD -1 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE/TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
7	8	9	10	11
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI CALIF. BLEND VEGGIES CORN MUFFIN APRICOTS	A.) PEPPER STEAK MASHED POT./GRAVY CARROTS WGR WHEAT BREAD -1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
14	15	16	17	18
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	SALISBURY STEAK MASHED POT/GRAVY BRUSSEL SPROUTS WGR WHEAT BREAD - 1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	A) TUNA NOODLE CASSEROLE BROCCOLI/CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL B.) CHIX SAL./TOMATO
21	22	23	24	25
BAKED CHIX BREAST MASHED POT \ GRAVY STEAMED PEAS WGR DINNER ROLL APPLESAUCE	MEATLOAF CHEESY POTATOES CALIF BLEND VEGGIES WGR WHEAT BREAD -1 DICED PEARS	BAKED PORK CHOP MASHED POTATOES GREEN BEANS WGR DINNER ROLL CHERRY CRISP	ITALIAN SAUSAGE W\PEPPERS ON WGR BUN SEAS. POTATO WEDGES ITALIAN BLEND VEGGIES APRICOTS	A.) CRISPY FISH SAND. WGR WHEAT BUN/TARTAR HASH BROWNS PEAS DICED PEACHES B.) TURKEY/MINESTRONE
28	29	30	31	
SALISBURY STEAK MASHED POT/GRAVY LIMA 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.) PULLED PORK WGR WHEAT BUN CHEESY POTATOES BROCCOLI FRUIT COCKTAIL B.) TUNA SAL/CHIX RICE	8 oz. Low Fat Milk served with all lunches.

