












# OCTOBER

## Lebanon- Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	FRIDAY
*Menu Subject to Change* 	Country Fried Chicken w/2 oz Creamy Gravy 1/2c. Whipped Potatoes w/chives 1/2c. Mixed Vegetables Wheat Bread Fresh Fruit	Sloppy Joe 1/2c.Ranch Seasoned Potatoes 1/2c. Green Beans WG Sandwich Roll 1/2c. Mandarin Oranges	Pumpkin Alfredo Chicken Over 3/4c. Bowties 1c. Tossed Salad w/ tomato & dressing Italian Bread 1/2c. Pineapple Tidbits 	Roasted Pork w/apples 1/2c. Whipped Potatoes 1/2c. Carrots Mini Biscuit w/apple butter Cookie
Creamy Chicken Divan over 1/2c. White Rice 1/2c. Mixed Vegetables Breadstick 1/2c. Peaches	Cottage Pie -4oz (Stewed Beef & vegetables in gravy topped with 2 oz buttery mash potatoes) 1/2c. Coleslaw WG Biscuit 1/2c. Warm Cinnamon Applesauce	October Birthdays 9 Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll Mustard Pkt 1/2c. Pears 	Greek Chicken Salad Diced Chicken, Blk Olives, Red Onion, Tomato & Mozzarella Cheese 1c. Mixed Greens w/dressing 1/2c. Three Bean Salad Dinner Roll 1/2c. Mandarin Oranges <i>*Lighter Fare Menu*</i>	Warm Roast Beef Sandwich w/cheese & au jus 1/2c. Ranch Potatoes 1/2c. Mixed Vegetables Sandwich Roll 1/2c. Tropical Fruit
Baked Ziti(3/4c.) w/Meatballs (3) Marinara Sauce &.5 oz Cheese Topping 1/2c. Italian Green Beans Garlic Breadstick 1/2c. Mixed Fruit Salad 	Chicken Caesar Club w/lettuce, tomato, cheese & condiments 1/2c.Parsley Redskins 1/2c. Corn Sandwich Roll 1/2c. Blushed Pears	Salisbury Steak w/2 oz Onion Gravy 1/2c.Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple Delight	BBQ Pulled Pork 1/2c.Seasoned Potatoes 1/2c. Lima Beans Sandwich Roll 1/2c. Sliced Apples 	Vegetable Lasagna 1 c. Tossed Salad w/drs WG Dinner Roll Fresh Fruit
Smokey BBQ Burger Topped with cheddar, bbq sauce, crispy onions 1/2c. Buttered Potatoes 1/2c. Carrots Sandwich Roll Fresh Seasonal Fruit	Sweet & Sour Roasted Pork Loin 1/2c. Blended Rice Pilaf 1/2c. Green Beans WG Dinner Roll 1/2c. Mixed Fruit <i>*Lighter Fare Menu*</i> 	Open Face Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes w/chives 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce	Baked Meatloaf Marinara w/Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2 c. Banana Pudding	Chicken & Biscuit- 1c. 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches
Lemon Pepper Chicken w/gravy 1/2c Vegetable Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit  <i>*Lighter Fare Menu*</i>	Baked Cabbage Roll w/2 oz tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Cookie	Chicken Taco w/sour cream, taco sauce & lettuce 1/2c. Seasoned Corn & Blackbeans 1/2c. Seasoned Rice Soft Tortilla Shell Fresh Fruit 	Ghostly Chili- 1 c. 1/2c. Fingers & Ant Salad 4 oz Hocus Pocus Juice Moldy Biscuit 1/2c. Pumpkin Potion	

\*All Meals served with 8oz lowfat milk\*

\*Lighter Fare menu options offer lower sodium and/or calories and fat\*

MEALS ON WHEELS TELEPHONE NUMBER 717-273-9262