

**Elderly Nutrition Program**

**725-2791**

for information or meal reservations  
(Call by 12:30pm a day in advance)

# October

**2023**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Taco Casserole Corn Seasoned Pinto Beans Diced Pears Donut Holes	3 Kansas City BBQ Riblet Mixed Vegetables Coleslaw Peaches Cornbread Banana Pudding	4 Scalloped Potatoes with Ham Carrot Raisin Salad Wheat Dinner Roll Warm Glazed Pineapple	5 Sloppy Joe Wheat Bun Green Beans Diced Carrots Fruit Cocktail Lemon Fluff	6 Grilled Chicken Breast Maple Roasted Sweet Potatoes Creamed Spinach Wheat Bread Cinnamon Apples with Granola
9 All Beef Hot Dog Wheat Bun Potatoes O'Brien Three Bean Salad Warm Fruit Crisp	10 Ham, Cheese, and Vegetable Frittata Breakfast Potatoes Warm Applesauce Fresh Orange Muffin	11 Honey Mustard Chicken Breast Dilled Carrots Seasoned Black Beans Breadstick Tropical Fruit Chocolate Fluff	12 Diced Chicken with Gravy Mashed Potatoes Green Beans Diced Peaches Wheat Dinner Roll Tapioca Pudding	13 Salisbury Steak with Gravy Stewed Tomatoes Steamed Broccoli Sunshine Fruit Wheat Dinner Roll Peanut Butter Cookie
16 Meatballs in Gravy Cheesy Potatoes Diced Carrots Pineapple Tidbits Wheat Bread Vanilla Pudding	17 BBQ Pulled Pork Wheat Bun Baked Beans Sweet and Sour Red Cabbage Fruit Cocktail Cake Donut	18 Bowtie Pasta with Meat Sauce Green Beans Warm Cinnamon Apples	19 Chicken and Rice Casserole Peas Pickled Beets Diced Peaches Oatmeal Raisin Cookie	20 Turkey Tetrazzini Glazed Yams Romaine Salad Salad Dressing Cranberry Sauce
23 Beef Patty with Cheese Wheat Bun Red Potatoes BBQ Baked Beans Fruit Cocktail Pumpkin Fluff	24 Tuna Noodle Casserole Diced Carrots Pea Salad Blueberry Buckle	25 Ketchup Meatloaf Ranch Mashed Potatoes Coleslaw Wheat Bread Warm Cinnamon Pears	26 Chicken Marsala Green Beans Hubbard Squash Tropical Fruit Wheat Dinner Roll Ambrosia	27 Swedish Meatballs Egg Noodles Rutabaga Broccoli Salad Applesauce Butterscotch Pudding
30 Ham Tetrazzini Parslied Carrots Peas Diced Peaches Cinnamon Roll	31 Witch's Goulash Green Beans with Pimentos Corn Apple Slices Halloween Cookie			 <p>- Due to National Supply Issues - Menus are Subject to Change</p>



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# Winnebago County Weekend Meals October 2023

## September 30<sup>th</sup>

Chef's Choice

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

## October 1<sup>st</sup>

Sweet and Sour Chicken  
Broccoli  
Diced Carrots

## October 7<sup>th</sup>

Cheese Tortellini with Alfredo Sauce  
Broccoli  
Diced Carrots

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert

## October 8<sup>th</sup>

Crispy Chicken with Gravy  
Tater Puffs  
Green Beans

## October 14<sup>th</sup>

Pollock Strips  
Parslied Potatoes  
Mixed Vegetables

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

## October 15<sup>th</sup>

BBQ Chicken Breast  
Mac and Cheese  
Cinnamon Apples

## October 21<sup>st</sup>

Beef Patty with Mushroom Gravy  
Garlic Mashed Potatoes  
Capri Vegetables

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert

## October 22<sup>nd</sup>

Turkey with Gravy  
Mashed Potatoes  
Green Beans Almondine

## October 28<sup>th</sup>

Salisbury Steak with Gravy  
Rice Pilaf  
Diced Beets

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

## October 29<sup>th</sup>

Kansas City BBQ Riblet  
Mached Sweet Potatoes  
Baked Beans