

October 2017

Meals On Wheels (623)-931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Tilapia Sweet Potatoes Normandy Blend Veg. Fruit/Dessert	3 Veal Parmigiana Sicilian Blend Veg. Garden Salad Fruit/Dessert	4 Green Pepper Steak Midori Blend Veg. Mandarin Mix Veg. Fruit/Dessert	5 Chicken & Dumplings Peas Calif Blend Veg. Fruit/Dessert	6 NO LUNCH DELIVERY	7
8	9 HOLIDAY NO LUNCH SERVED	10 Hamburger Steak Fries Baked Beans Fruit/Dessert	11 Sweet & Sour Chicken Egg Roll Asian Blend Veg. Fruit/Dessert	12 Beef Goulash Winterblend Veg. Italian Green Beans Fruit/Dessert	13 NO LUNCH DELIVERY	14
15	16 Beef Stew Country Blend Veg. Cauliflower Fruit/Dessert	17 Chef Salad (meat,ch,egg) Garden Mix Salad Beets Fruit/Dessert	18 Clams (in white sauce) Tuscany Blend Veg. Broccoli Fruit/Dessert	19 Pesto Chicken *nuts* Asparagus Sicilian Blend Veg. Fruit/Dessert	20 NO LUNCH DELIVERY	21
22	23 Tuna Noodle Casserole Stewed Tomatoes Country Mix Veg. Fruit/Dessert	24 Chicken Chow Mein Asian Blend Veg. Snap Peas Fruit/Dessert	25 German Style Pork Garlic Mashed Potatoes Scandinavian Mix Veg. Fruit/Dessert	26 Roasted Turkey Sweet Potatoes Caribbean Blend Veg. Fruit/Dessert	27 NO LUNCH DELIVERY	28
29	30 Beef Fajita Charro Beans Spanish Rice Fruit/Dessert	HALLOWEEN MENU 31 Roast Beef Mashed Potatoes Bermuda Mix Veg. Fruit/Dessert	DAILY SUGGESTED CONTRIBUTION: \$2.50	MILK SERVED DAILY: 1/2 PINT	**YWCA MENU SUBJECT TO CHANGE**	