



# October 2020

\*\*\*MENU WILL LIKELY CHANGE\*\*\*

No eligible individual shall be denied participation due to inability to contribute.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SUGGESTED CONTRIBUTION</b>                      Drive-thru: \$4.50                      Meals on Wheels: \$4.50  <i>Meals are partially funded by Area 12 Agency on Aging</i>                      Under 60 fee: \$6.00</p>	<p><b><u>Drive-Thru Lunch Pick UP</u></b>  <b>Senior Center:</b>                      Monday &amp; Thursday                      11:45 am thru 12:30 am                      Call 533-2622 for reservations    <b>Groveland (The Little House):</b>                      Thursday's Noon to 1:00 pm                      Call 962-7303 for reservation.</p>	<p>Whole Wheat (WW) Bread, Margarine, and Low Fat (1%) Milk (Vitamin A) will be offered with all meals. Nonfat chocolate milk is available at congregate sites only.                      Meals are low in sodium unless marked with high-sodium icon:  </p>	<p>Meatloaf with gravy                      Scalloped Potatoes                      Five Way Veggies                      Apricots</p>	<p>Pasta with Meat Sauce                      Italian Chop Salad                      Tuscan Roasted Broccoli                      Pears</p>
<p>Sonoma Chicken Salad with Fresh Grapes over Fresh Tomato Half                      Marinated Carrots                      Peaches                      Unsalted Crackers</p>	<p>Shepherd's Pie w/ Mashed Sweet Potato Topping                      Green Beans                      Garden Salad w/ Tomatoes &amp; Carrots                      Baked Chunky Applesauce</p>	<p>Swiss Steak                      Mashed Potatoes                      Peas &amp; Carrots                      Apple</p>	<p>Chicken Cacciatore                      Pasta                      Italian Blend Veggies                      Cesar Salad w/ Tomatoes &amp; Carrots                      Orange Wedges</p>	<p>Sweet &amp; Sour Meatballs with Pepper &amp; Onions                      Herbed Rice                      Asian Blend Spinach Salad w/ Tomatoes &amp; Carrots                      Pineapple</p>
<p>Diestel Roast Beef Sandwich w/ Lettuce &amp; Tomato                      Sweet Potato Fries                      Marinated Broccoli Salad                      Banana</p>	<p>Coconut Curry Chicken                      Cilantro Rice                      Pacific Blend Veggies                      Garden Salad w/ Tomatoes &amp; Carrots                      Mandarin Oranges</p>	<p>Diestel Turkey Pot Pie with Biscuit                      Zucchini                      Carrots                      Tropical Fruit</p>	<p>Spaghetti &amp; Meatballs with Parmesan Cheese                      Capri Blend Veggies                      Peas                      Pears</p>	<p>Chicken Enchilada Casserole                      Fiesta Rice                      Flame-Roasted Corn                      Tex-Mex Slaw                      Pineapple</p>
<p>Basil Pesto Chicken Bake                      Rice Pilaf                      Capri Blend Veggies                      Lima Beans                      Apricots</p>	<p>Pot Roast                      Roasted Potatoes                      Green Beans                      Peaches</p>	<p>Baja Fish Sticks w/Tartar Sauce                      Garlic Parmesan Rice                      Carrots                      Garden Salad                      Orange Wedges</p>	<p>Beef Stew with Potatoes and Carrots over Rice                      California Blend Veggies                      Peas                      Cran-Applesauce</p>	<p>Chicken Marsala                      Mashed Potatoes                      Scandinavian Blend Veggies                      Banana</p>
<p>Beef &amp; Broccoli                      Herbed Rice                      Asian Blend Veggies                      Carrots                      Apple</p>	<p>Cheese Raviolis &amp; Meat Sauce                      Garden Salad w/ Tomatoes, Carrots, &amp; Cucumbers                      Italian Blend Veggies                      Pears</p>	<p>Baked Fish with Lemon Dill Sauce                      Rice Pilaf                      Broccoli                      Garden Salad                      Tropical Fruit</p>	<p>Taco Whole Wheat Macaroni Casserole                      Garden Salad w/ Tomatoes &amp; Carrots                      Corn                      Pineapple</p>	<p>BBQ Pork Sandwich on a Whole Wheat Bun                      Oven Fries                      Slaw Blend Veggie Mix                      Applesauce  </p>

A special THANK YOU to TERZICH & WILSON FUNERAL HOME- MOTHER LODGE CREMATORY for providing copies of this menu!