





October Menu

Hot "Grab N' Go" Meals
Monday - Friday
11:00 a.m. - Noon

*** Menu is Subject to Change ***

* ON FISH AND LIVER DAYS THERE WILL BE AN ALTERNATE CHOICE.

* UNLESS OTHERWISE SPECIFIED, ALL FISH SERVED IS WILD, NOT FARMED.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Int'l Day of Older Persons* Spaghetti w/ Meat Sauce Brussels Sprouts Bread Dessert	2 *World Smile Day* Pollock Florentine Shoestring Fries Carrots Bread Dessert
5 Meat Loaf Mashed Potatoes w/ Gravy Peas Bread Dessert	6 Baked Chicken w/ Rice and Gravy Capri Veggies Bread Dessert	7 Ham and Sweet Potatoes Green Beans Bread Dessert	8 Pork Chops Steak Fries San Francisco Veggies Bread Dessert	9 Cod Pan Roasted Potatoes Winter Blend Veggies Bread Dessert
12 *Farmers Day* Chili Corn Bread Dessert Board Meeting	13 *Navy Birthday* Chicken a la King Rice San Francisco Veggies Bread Dessert	14 Roast Beef Mashed Potatoes w/ Gravy Broccoli Bread Dessert	15 Beef Stroganoff Egg Noodles Carrots Bread Dessert	16 Prime Rib Mashed Potatoes Rainbow Carrots Bread Dessert
19 Closed for Alaska Day 	***40th Anniversary*** 20 Meatballs Rice California Blend Veggies Bread Dessert	21 Brisket Scalloped Potatoes Bread Dessert	22 Chicken Tenders Mojo Potatoes Key Largo Veggies Bread Dessert	23 Crab Stuffed Pollock Shoestring Fries Peas and Onions Bread Dessert
26 Pork Cutlets Oven Roasted Potatoes Lima Beans Bread Veggies	27 *Nat'l Black Cat Day* Lasagna 5-Way Mixed Veggies Bread Dessert	28 Chicken Fried Steak Mashed Potatoes w/ Gravy Green Beans Bread Dessert	29 Cabbage Casserole Rice Peas Bread Dessert	30 Pollock Burgers Steak Fries Winter Bread Bread Dessert



MEALS on WHEELS
AMERICA

TOGETHER, WE CAN DELIVER.