

# Racine County Meals on Wheels/Congregate Menu

## OCTOBER 2022 833-8766

Call before 9:30 am the previous day (Monday-Friday) to cancel a meal.

<p><b>3</b> Roast Pork w/gravy Au gratin potatoes Peas and carrots Wheat bread Whole apple</p>	<p><b>4</b> Chef's Choice Frozen (will be delivered/picked up Monday)</p>	<p><b>5</b> Salisbury Steak w/gravy; Corn Mashed potatoes Multigrain dinner roll Pineapple tidbits</p>	<p><b>6</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>7</b> Classic Lasagna w/meat sauce Broccoli; Wheat bread Chef's choice veggie Oatmeal raisin cookie</p>
<p><b>10</b> Roast Turkey w/gravy Baked sweet potatoes Mixed veggies Bread stuffing Chef's choice fruit</p>	<p><b>11</b> Chef's Choice Frozen (will be delivered/picked up Monday)</p>	<p><b>12</b> Shaved Pork w/Mediterranean sauce Scalloped potatoes Brussels sprouts Multigrain bread Applesauce</p>	<p><b>13</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>14</b> Citrus Alaskan Pollock; Fresh melon Vegetable rice pilaf Country blend veggie Multigrain dinner roll Chickpea salad</p>
<p><b>17</b> Hot Roast Beef Mashed potatoes w/gravy; Fresh orange Peas and carrots Wheat bread</p>	<p><b>18</b> Chef's Choice Frozen (will be delivered/picked up Monday)</p>	<p><b>19</b> Roast Turkey w/cheddar ale sauce Vegetable rice pilaf Broccoli; Biscuit Chef's choice fruit Oatmeal raisin cookie</p>	<p><b>20</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>21</b> Chicken Breast Parmesan Penne pasta w/marinara Squash medley Wheat Vienna roll Chilled peaches</p>
<p><b>24</b> Sliced Bavarian style Bratwurst Diced parslid potatoes Carrots Rye bread Fresh melon</p>	<p><b>25</b> Chef's Choice Frozen (will be delivered/picked up Monday)</p>	<p><b>26</b> Texas Chili Mac and cheese Country blend veggie Multigrain bread Fruit cup</p>	<p><b>27</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>28</b> Baked Pollock w/lemon butter sauce Baked potato Wheat bread California blend veggie Vanilla mandarin pudding</p>
<p><b>31</b> Slow Roasted Beef w/gravy; Cookie Mashed potatoes Brussels sprouts Multigrain bread Chilled pears</p>				<p><b>PLEASE NOTE!</b> The Congregate Dining sites will be closed on Friday October 21 for a training. There will still be MOW delivery that day.</p>