

Racine County Meals on Wheels/Congregate Menu

OCTOBER 2023

Call 262-833-8766 before 9:00 am the previous day (Monday-Friday) to cancel a meal

<p>2 Roast Pork & Gravy Au Gratin Potatoes Peas and Carrots Wheat Bread Whole Apple Fruit Cup</p>	<p>3 Chicken Cheddar Broccoli Casserole Cauliflower Wheat Bread Pea Salad Pear/Cranberry Crumble</p>	<p>4 Salisbury Steak Mashed Potatoes Corn Multi-Grain Bread Pasta Salad Pineapple</p>	<p>5 Hot Dog on Wheat Bun Oven Fries Bean Casserole Banana Fresh Melon</p>	<p>6 Classic Lasagna with Meat Sauce Broccoli Fruit Cup Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie</p>
<p>9 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Pea Salad Choice of Fruit</p>	<p>10 Spaghetti w/Meatballs & Marinara Mixed Salad Greens Multi-Grain Bread Warm Peach Cobbler Fruit Cup</p>	<p>11 Shaved Pork with Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi- Grain Bread Beet Salad Applesauce</p>	<p>12 Baked Chicken Mashed Potatoes w/Gravy Cauliflower w/ Peppers Wheat Bread Three Bean Salad Mandarin Oranges</p>	<p>13 Citrus Alaskan Pollack Vegetable Rice Pilaf Country Blend Vegetables Chickpea Salad Multi-Grain Bread Fresh Melon</p>
<p>16 Hot Roast Beef W/ Gravy Mashed Potatoes Peas and Carrots Green Bean Salad Whole Wheat Bread Fresh Orange</p>	<p>17 BBQ Riblet Oven Fries Black Bean and Corn Chef's Choice Vegetable Wheat Bread Whole Apple</p>	<p>18 Roast Turkey With Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli Biscuit Chef's Choice Fruit Oatmeal Raisin Cookie</p>	<p>19 Western Eggs Hashbrown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana</p>	<p>20 Chicken Parmesan Penna Pasta w/ Marinara Mixed Salad Greens Wheat Vienna Bread Chilled Peaches</p>
<p>23 Sliced Bavarian Style Bratwurst Parsley Potatoes Carrots Vegetable Vinaigrette Rye Bread Fresh Melon</p>	<p>24 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Chocolate Pudding Fresh Orange</p>	<p>25 Texas Chili Mac and Cheese Country Blend Veggie Multi- Grain Bread Coleslaw Fruit Cup</p>	<p>26 Veal Marsala Scalloped Potatoes Stewed Tomatoes Beet Salad Multi- Grain Bread Chilled Pears</p>	<p>27 Baked Pollack w/Lemon Butter Sauce Baked Potato California Blend Carrot Raisin Salad Wheat Bread Vanilla Pudding Mandarin</p>
<p>30 Slow Roasted Beef Mashed Potatoes w/ Gravy Brussel Sprouts Multi-Grain Bread Chilled Pears Cookie</p>	<p>31 Turkey Pot Roast w/ Gravy Peas and Carrots Multi-Grain Bread Choice Of Fruit Banana</p>	<p>Menu Subject to Change - Diabetic Dessert is offered - Choice of 1% Milk or Juice with Meals</p> 		