

Racine County Meals on Wheels/Congregate Menu

October 2024

Call 262-833-8766 before 9:30 am the previous day (Monday-Friday) to cancel a meal

	1 Cheddar Broccoli Chicken with Rice Cauliflower Whole Wheat Roll Warm Pear & Cranberry Crumble	2 Salisbury Steak w/Gravy Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits	3 Hot Dog on Wheat Bun Oven Fries Bean Casserole Banana	4 Classic Lasagna with Meat Sauce Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie
7 Roast Turkey w/ Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	8 Spaghetti with Meatballs Marinara Sauce Mixed Green Salad Multi-Grain Bread Warm Peach Cobbler	9 Hamburger on Wheat Bun German Potato Salad Green Beans Applesauce	10 Chicken Vesuvio Mashed Potatoes Cauliflower & Red Pepper Wheat Bread Mandarin Oranges	11 Citrus Alaskan Pollack Vegetable Rice Pilaf Country Blend Vegetables Multi Grain Dinner Roll Chick Pea Salad Fresh Melon
14 Hot Roast Beef Mashed Potatoes w/Gravy Peas & Carrots Wheat Bread Fresh Orange	15 BBQ Riblet Oven Fries Black Bean & Corn Wheat Sandwich Bun Whole Apple	16 Roast Turkey with Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli, Biscuit Chef's Fruit Oatmeal Raisin Cookie	17 Western Eggs Hash Brown Potatoes Maple Glaze Pears Raisin Salad Cranberry Juice Banana	18 Chicken Parmesan Penne Pasta w/ Marinara Squash Medley Wheat Vienna Chilled Peaches
21 Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	22 Chicken Chardonnay Mashed Potatoes Broccoli Multi-Grain Bread Fresh Orange Chocolate Pudding	23 Texas Chili Mac & Cheese Country Blend Vegetables Multi-Grain Bread Fruit Cup	24 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears	25 Baked Pollack Piccata Baked Potato California Blend Wheat Bread Lemon Mandarin Pudding
28 Slow Roasted Beef Mashed Potatoes w/ Gravy Brussel Sprouts Multi-Grain Bread Chilled Pears Cookie	29 Turkey Pot Roast w/ Gravy Baked Potato Peas & Carrots Muli-Grain Bread Chef's Fruit	30 Spaghetti with Meatball Marinara Sauce Broccoli Wheat Vienna Bread Chilled Peaches	31 Chicken Tenders in Country Chicken Gravy Bread Stuffing Mashed Sweet Potatoes Northern Bean & Tomatoes Medley Apple	