



# OCTOBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stew Tossed Salad Hot Bread Butterscotch Pudding	3 Fish Sticks French Fries Tatar Sauce Ambrosia Salad	4 Breakfast Casserole w/Gravy Fresh Fruit	5 Sloppy Joe Potato Salad Peach Crumb Bar	6 Turkey and Gravy over Mashed Potatoes Peas
9 Pizza Caesar Salad Carrot Cake	10 Chilis Dog Cheese Onions Pears	11 Chef Salad Wheat Roll Oatmeal Cookie	12 Chicken Sandwich Lettuce & Tomato Chips Mango Pudding	13 Tomato Soup Grilled Cheese Sandwich
16 Pancakes Scramble Eggs Sausage Patty Banana Cream Pie Pudding	17 Chicken Fajitas Spanish Rice Sour Cream Brownie	18 Beef & Barley Soup Salad Hot Bread Frogeye Salad	19 Baked Chicken Loaded Baked Potato Cauliflower Mandarin Orange	20 Pulled Pork Sandwich Coleslaw Baked Beans
23 Crunchy Tuna Wraps Potato Chips Apple	24 Grilled Chicken Mac & Cheese Broccoli Chocolate Chip Cookie	25 Pork Tenderloin, Mashed Potatoes w/ Gravy, Brussel Sprouts/Carrots Jell-O Poke Cake	26 Creamy Turkey Wild Rice Soup, Cucumber & Tomato Salad, Crackers Peaches	27 Beef Quesadilla Pico Sour Cream
30 Chicken Noodle Soup Salad Crackers Fruit Cocktail	31 Beef & Mushroom Stroganoff Cup Cake	<b>Please return your menu with the meals you would like no later than September 27<sup>th</sup>.</b>	<b>Eating all 22 meals this month in the dining room = \$55.00. Meals on Wheels delivery cost for all 22 meals this month= \$77.00. Please pre-pay for your meals. Thank you!</b>	

Moffat County Senior Meal Program for meal reservations please call 824-3911 by 8:00A.M. **\*Meals are subject to change without notice.**