



# OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Eating 23 meals this month in the dining room = \$57.50. Meals on Wheels delivery cost for all 23 meals this month = \$80.50. Please pre-pay for your meals. Thank you!</p>	1 Chicken Enchilada Casserole Spanish Rice Pumpkin Bar	2 Lasagna Garlic Bread Muffin	3 Liver & Onions Mashed Potatoes Carrots Apple Crisp	4 Butternut Squash Soup Caesar Salad Garlic Bread
	7 French Toast Casserole Sausage Patty Yogurt	8 Beef & Bean Burrito Lettuce & Tomato Garnish Sour Cream/Salsa Carrot Cake	9 Baked Chicken Baked Potato Cucumber Tomato Salad Lemon Bar	10 Pasta Salad w/Ham Roll Frogeye Salad
14 Crispy Chicken Sandwich Lettuce & Tomato Chips Tapioca Pudding	15 Fish Tacos Spanish Rice Pico Peach Cobbler	16 Shepard's Pie Spring Salad Fruit Salad	17 Country Fried Pork Steak Mashed Potatoes Green Beans Apple Sauce	18 Teriyaki Chicken Steamed Rice Broccoli
21 Biscuits & Gravy Scrambled Eggs Fruit Cocktail	22 Veggie Soup Turkey Rollup Red Velvet Cake	23 Smothered Pork Chops Brown Rice Mixed Vegetables Brownie	24 Ham & Cheese Sliders French Fries Chocolate Cherry Pudding	25 White Chicken Chili Cornbread
28 BBQ Chicken Wings Creamy Mac & Cheese Ice Cream	29 Chicken Alfredo Rigatoni w/Broccoli Cookie	30 Sausage & Spinach Tortellini Caesar Salad Bread Pudding	31 Hot Dog Mummy French Fries Cupcake	<p><b>Please return your menu with the meals you would like no later than September 26th</b></p>

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