

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
To Cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.	Swiss Steak with Tomatoes over Rice	Aloha Chicken	Garden Vegetable Lasagna Soup	Green Pepper Casserole
	Beets in Orange Sauce	Cheddar Mashed Potatoes	Spinach	Corn
	Dinner Roll	Salad	Crackers	Garlic Bread
	Tropical Fruit	Pineapple	Cottage Cheese & Peaches	Apple
7	8	9	10	11
Scalloped Potatoes & Ham	Roast Turkey over Potatoes	Tuna Casserole	Creamed Chicken over Mashed Potatoes	Pizza Burger
Asparagus	Corn	Peas	Green Beans	Italian Pasta Salad
Grapes	Dinner Roll	Fruit Cocktail	Biscuit	Peaches
Dessert	Orange	Apple Crumb Bar	Strawberries	Oatmeal Raisin Cookie
14	15	16	17	18
Herb Fish	Almond Poppy Seed-Chicken Salad Sandwich	Ham & Bean Soup	Teriyaki Chicken	Ham & Mushroom Omelet
Mixed Vegetables	Black Bean Corn Salad	Baked Parmesan Tomatoes	Fried Rice	Hashbrowns
Mixed Berries	Chips	Tropical Fruit	Asian Vegetables	Carrots w/Ranch
Butterscotch Cookie	Carrots	Cornbread Muffin	Diced Pears	Cinnamon Peaches
	Orange		Cran-Apple Crisp	
21	22	23	24	25
Broccoli Potato Cheddar Soup	Chicken Tetrazzini	Citrus Glazed Fish	Herbed Pork Cultet	Chef's Salad
Crackers	California Blend Vegetables	Rice	Cheesy Potatoes	Crackers
Carrots & Celery Sticks	Strawberries	Brussels Sprouts	Capri Vegetables	Pineapple Chunks
Fruit Cocktail	Cake	Cottage Cheese Fruit Salad	Pears	Brownie
Carrot Cake				
28	29	30	31 🦇	
Goulash	Meatballs	Creamy Tuna Salad	Frankenstein Fingers (Hotdog)	
Broccoli	Mashed Potatoes & Gravy	Marinated Carrot Salad	Bubbling Cauldron of Beans	
Melon Cup	Green Beans	Pears	Boonanas	
Garlic Bread	24 Hour Fruit Salad	Lemon Bar	Halloween Poke Cake	
Peanut Butter Bar				
			Halloween Party	

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

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