




MILWAUKEE COUNTY SENIOR DINING

HOME DELIVERED MEALS

OCTOBER 2014



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
|  |  | 10/1/14 World Vegetarian Day Vegetarian Lasagna Crinkle Cut Carrots Cut Green Beans Garlic Bread Strawberries | 10/2/14 Stir Fried Beef with Sugar Snap Peas Ginger Brown Rice Steamed Cabbage Split Top Roll Lemon Bar D-Fresh Orange | 10/3/14 Salmon Boat w/Dill Sauce Baked Potato Sour Cream Scandinavian Veggies Rye Bread Baker's Choice-Cookie D-Melon |
| | | 10/6/14 Pork Chop Suey Brown Rice Broccoli 7-Grain Bread Pineapple Chunks 100 Calorie Cereal Bar | 10/7/14 Orange Juice Tuna Noodle Casserole Italian Green Beans Blueberry Muffin Ambrosia Fruit Fluff D-Fruit Cocktail | 10/8/14 Smothered Chicken <i>(Thigh/Leg)</i> Red Skinned Mashed Potatoes Wisconsin Vegetable Blend Mixed Green Salad w/Harvest Vegetables & Dressing Whole Grain Dinner Roll Tapioca Pudding D-Lo Cal Pudding |
| 10/13/14 Fortified Juice Chicken Parmesan Penne Pasta w/Red Sauce Italian Vegetable Blend Vienna Bread Fresh Plum | 10/14/14 Boneless Pork with Mushroom Sauce Dilly Red Potatoes Stewed Tomatoes with Peppers and Onions Whole Grain Bread Mandarin Oranges | 10/15/14 NATIONAL CHILI MONTH Beef Macaroni Casserole Romaine w/Ranch Dressing Whole Kernel Corn Sourdough Bread Chocolate Iced Brownie D-Lo Cal Chocolate Pudding | 10/16/14 Turkey Cranberry Meatballs Roasted Potatoes Prince Charles Vegetables Wheat Dinner Roll Red Delicious Apple | 10/17/14 Baked Fish with Lemon Butter Sauce Red Potatoes <i>(Seasoned & Quartered)</i> California Vegetable Blend Marble Rye Bread Fresh Bartlett Pear |
| 10/20/14 Baked Ham with Cloves Au Gratin Potatoes Baby Peas Rye Roll Oatmeal Cookie D-Sliced Peaches | 10/21/14 Beef Ravioli with Marinara Sauce Mixed Green Salad w/Creamy Italian Dressing Cooked Cauliflower Sourdough Bread Fruit Crisp D-Banana | 10/22/14 Grilled 1/4 Pound Hot Dog Calico Baked Beans Warm German Potato Salad Whole Grain Hot Dog Bun D-Pineapple Tidbits Catsup & Mustard | 10/23/14 Roasted Turkey w/Poultry Gravy Fresh Sweet Potato Broccoli-Cauliflower Blend Corn Muffin Cranberry Sauce Molasses Cookie D-Fresh Apple | 10/24/14 CELEBRATE FOOD DAY Honey Glazed Pork Loin Red Cabbage <i>(Seasoned & Cooked)</i> Herb Mashed Potatoes Whole Grain Bread Carrot Cake D-Mandarin Oranges |
| 10/27/14 Grape Juice Pulled Pork Sandwich Mac & Cheese Vegetable du Jour Kaiser Roll Snickerdoodle Cookie D-Applesauce | 10/28/14 Italian Meatsauce with Ground Turkey Whole Grain Pasta Cut Green Beans Spinach Salad with Raspberry Dressing Pistachio Pudding D-Fresh Pear | 10/29/14 Salisbury Steak Red Skinned Mashed Potatoes Harvard Beets Multi-Grain Bread Fresh Melon | 10/30/14 BBQ Chicken Leg/Thigh Smothered Potatoes Brussels Sprouts Baking Powder Biscuit Fresh Nectarine | 10/31/14 HARVEST FEST Milwaukee Style Sauerbraten Twice Baked Potato Casserole Crinkle Cut Carrots Rye Dinner Roll Harvest Apple Pie D-Red Delicious Apple |