

Meals on Wheels & Congregate Meals Menu October

DATE	HOME DELIVERED MENU ENTREE	CONGREGATE MENU ENTREE
Monday, Oct. 1	Chicken & Dumplings, Lima Beans, Winter Vegetables	Salisbury Steak, Potatoes, Riviera Blend Veggies
Tuesday, Oct. 2	Sausage & Pancakes, Sweet Potatoes, Cinnamon Apples	Chicken Pesto, Capri Blend Veggies, Oranges
Wednesday, Oct. 3	Beef Patty over Cheesy Chipotle Rice, Corn, Broccoli	Oven Crisp Fish Sandwich, Coleslaw, Potato Wedges
Thursday, Oct. 4	Pork Riblet Patties & BBQ Sauce, Peas, Cauliflower	Honey Mustard Pork, Baked Potatoes, Green Beans
Friday, Oct. 5	Lasagna Cheese Triple Stack, Corn, Green Beans	Chili & Potato Bar
Monday, Oct. 8	Spaghetti & Meatballs, Broccoli, Applesauce	Macaroni & Cheese, Ham Slice, Peas, Carrots
Tuesday, Oct. 9	Teriyaki Chicken, Brown Rice, Brussels Sprouts	Smoky Mountain Chicken, Hash Brown Casserole
Wednesday, Oct. 10	Breaded Fish & Coconut Curry Rice, Cinnamon Apples	Beef Tips, Parsley Noodles, Green Beans, Coleslaw
Thursday, Oct. 11	Breaded Veal Parmesan, Green Peas, Carrots	Baked Fish w/Lemon Dill Sauce, Brown Rice, Broccoli
Friday, Oct. 12	Breakfast Scramble, Asparagus, Hash Browns	BBQ Bar
Monday, Oct. 15	Chicken & Gravy, Dressing, Spring Vegetables	Tuna Noodle Casserole, Peas w/Pearl Onions, Berries
Tuesday, Oct. 16	Country Fried Steak, Redskin Potatoes, Mixed Veggies	Chicken Parmesan, Italian Blend Veggies, Pears
Wednesday, Oct. 17	Breaded Fish & Alfredo Spinach Sauce, Cauliflower	Pork Chop, Baked Sweet Potato, Asparagus
Thursday, Oct. 18	Pork Patty & BBQ Sauce, Redskin Potatoes, Corn	Chili, Tossed salad, Corn Muffin, Apple Crisp
Friday, Oct. 19	Chipotle Meatloaf, Seasoned Green Beans, Peaches	Mexican Bar
Monday, Oct. 22	Pork Patty & Gravy, Mixed Greens, Sweet Potatoes	Chicken Dijon, Rice Pilaf, Coleslaw, Mixed Berries
Tuesday, Oct. 23	Chicken Drumsticks, Black Beans & Corn, Fruit Mix	Goulash, Tossed Salad, Hot Applesauce, Corn Bread
Wednesday, Oct. 24	Cheese Omelet & Salsa, Broccoli, Hash Browns	Chicken Noodle Soup, Chef salad, Peaches
Thursday, Oct. 25	Florentine Stuffed Shells with Meat, Northern Beans	Pork Loin, Au Gratin Potatoes, Spinach, Carrots
Friday, Oct. 26	Cacciatore Chicken, Asparagus, Hash Browns	Halloween Bar
Monday, Oct. 29	Three Cheese Ravioli & Spinach Alfredo, Mixed Veggies	Broccoli & Cheese Soup, Ham Sandwich, Tossed Salad
Tuesday, Oct. 30	Chicken Florentine, Carrots, Mixed Fruit, Biscuits	Stuffed Acorn Squash, Spinach Salad, Apple Pie
Wednesday, Oct. 31	Homestyle Meatloaf, Redskin Potatoes, Winter Veggies	Beef Roast, Carrots, Potatoes, Super Slaw, Bananas

*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Join us for Lunch

***Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.