

Meals on Wheels & Congregate Meals Menu October

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Monday, October 2	Oven Crisp Fish Sandwich, Parsley Potatoes, Asparagus	Hammy Sammy, Tomato Salad, Marinated Broccoli
Tuesday, October 3	White Chicken Chili, Tossed Salad, Corn Bread	Chef Salad with chicken, Peaches, Bran Muffin
Weds, October 4	Chicken Marsala, Brown Rice, Stewed Tomatoes	Tuna Salad Sandwich, Three Bean Salad, Strawberries
Thurs, October 5	Bratwurst, Cabbage, Carrots, Potatoes, Apple Crisp	Turkey Sandwich, Black Bean Corn & Pepper Salad
Friday, October 6	Ravioli Casserole, Green Beans, Peaches, Wheat Roll	Chicken Salad Sandwich, Broccoli Raisin Salad, Coleslaw
Monday, October 9	Potato Corn Chowder, Shaved Ham Sandwich	Pasta Salad with Turkey, Baked Beans, Pineapple
Tuesday, October 10	Hawaiian Chicken, Asian Veggie Blend, Cherry Crisp	Cottage Cheese, Tomato Wedges, Applesauce
Weds, October 11	Meatloaf, Mashed Potatoes, Mixed Veggies	Ham & Swiss Sandwich, Potato Salad, Banana
Thurs, October 12	Salmon Patty w/dill, Brown Rice, California Blend	Shaved Roast Beef, Creamy Cucumbers, Pears
Friday, October 13	Shepherd's Pie, Brussel Sprouts, Ambrosia, Biscuits	Turkey Sandwich, Marinated Broccoli, Mixed Fruit
Monday, October 16	Pork Tenderloin Sandwich, Coleslaw, Carrots	Shaved Roast Beef Sandwich, Spinach Salad, Ambrosia
Tuesday, October 17	BBQ Leg Quarters, Spinach Salad, Parsley Potatoes	Turkey & Cheese Wrap, Baked Beans, Three Bean Salad
Weds, October 18	Beef Stew, Carrots, Potatoes, Orange Wedges	Peanut Butter & Jam, Grapes, Coleslaw, Carrot Sticks
Thurs, October 19	Swedish Meatballs, Rice, Peas, Peaches n Pudding	Ham & Swiss Sandwich, Broccoli Raisin Salad, Pears
Friday, October 20	Pork Roast, Red Sweet n Sour Cabbage, Pears	Pasta Salad with Tuna, Tomato Salad, Apricots
Monday, October 23	Pizza Casserole, Italian Blend Veggies, Garlic Roll	Turkey & Ham Sub, Carrot Raisin Salad, Jell-O w/fruit
Tuesday, October 24	Chicken Parmesan, Redskin Potatoes, Tropical Fruit	Shaved Roast Beef, Potato Salad, Coleslaw, Banana
Weds, October 25	Ham Slice, Sweet Potatoes, Key West Blend Veggies	Chicken Salad Sandwich, Three Bean Salad, Peaches
Thurs, October 26	Mushroom Swiss Burger, Peas & Carrots, Coleslaw	Chef Salad with Ham, Pineapple, Bran Muffin
Friday, October 27	Ghouly Goulash, Spooky Salad, Vampire Vegetables	Turkey & Cheese Wrap, Baked Beans, Applesauce
Monday, October 30	Scalloped Potatoes, Ham, Spinach, Apples, Garlic Roll	Shaved Roast Beef Sandwich, Tossed Salad, Apricots
Tuesday, October 31	Sloppy Joes, Baked Beans, Asparagus, Fruit Mix	Ham & Swiss Sandwich, Carrot Raisin Salad, Pears

*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.