



October 2017

SUGGESTED DONATION: \$2.00 PER MEAL

Menu Subject to Change Without Notice



Fresh green salads and fruits served weekly
Desserts and seasonal fruits provided when available



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Honey Mustard Chicken Sweet Potatoes Brussels Sprouts Whole Wheat Bread w/Marg Grape Juice	2	Salisbury Steak (beef) Red Skin Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Orange	3	Chimichurri Chicken Black Beans & Corn Broccoli Bran Muffin w/Marg Applesauce Cup	4	Breakfast Scramble* Asparagus Hash Browns Whole Wheat Bread w/Marg Raisins	5	Tilapia (fish) w/Coconut Curry Rice Cinnamon Apples Lima Beans Whole Wheat Bread w/Marg Banana	6
Sausage* & Beans Winter Vegetables Cabbage Whole Wheat Bread w/Marg Apple	9	Chicken Breast and Florentine Rice Asparagus Carrots Whole Wheat Bread w/Marg Pineapple Cup	10	Lasagna w/Meatsauce (beef) Mixed Greens Corn w/Peppers Whole Wheat Bread w/Marg Orange Juice	11	Chicken Cacciatore Asparagus Hash Browns Whole Wheat Bread w/Marg Banana	12	Meatballs (beef) w/Rice & Gravy Peas & Carrots Cauliflower Whole Wheat Bread w/Marg Raisins	13
Veal Parmesan Carrots Green Pea Blend Bran Muffin w/Margarine Strawberry Applesauce	16	Rosemary Chicken Cinnamon Apples Spring Vegetables Whole Wheat Bread w/Marg Raisins	17	Pollack (fish) w/Spinach Sauce Sweet Potatoes Cauliflower Whole Wheat Bread w/Marg Apple Juice	18	BBQ Pork Patty* Red Skin Potatoes Corn Whole Wheat Bread w/Marg Orange	19	Grilled Chicken over Rice & Gravy Green Peas Carrots Whole Wheat Bread w/Marg Banana	20
Chicken & Penne Alfredo Carrots Corn w/Peppers Whole Wheat Bread w/Marg Orange	23	Homestyle Meatloaf (beef) Red Skin Potatoes Winter Vegetables Whole Wheat Bread w/Marg Pear Cup	24	Chicken Breast & Teriyaki Rice Cauliflower Peas & Carrots Whole Wheat Bread w/Marg Blended Juice	25	Mushroom Pork* Green Beans Sweet Potatoes Whole Wheat Bread w/Marg Raisins	26	Spaghetti & Meatballs (beef) Corn Broccoli Whole Wheat Bread w/Marg Banana	27
All Beef Patty over Chipotle Cheesy Rice Corn Broccoli Whole Wheat Bread w/Marg Raisins	30	Chicken and Dumpling Noodles Lima Beans Winter Vegetables Whole Wheat Bread w/Marg Mixed Fruit Cup	31						

For more information about our program visit our website at www.mowsac.org