
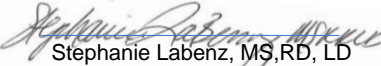


October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
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		TO CANCEL YOUR MEAL, CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME.		Western Egg Casserole Hashbrown Square Carrot Slices Strawberries Muffin
4	5	6	7	8
Chicken & Noodles Mashed Potatoes Green Beans Apple	Fish and Chips Lettuce Salad Garlic Bread Mixed Berry Cup	Cook's Choice Turkey Meatballs w/gravy Whipped Potatoes Peas Mandarin Oranges Dessert	Ham & Bean Soup Stewed Tomatoes Tropical Fruit Yogurt Corn Bread	Pork in Gravy Whipped Potatoes Brussels Sprouts Peaches Cottage Cheese
11	12	13	14	15
Beef & Broccoli Stir Fried Rice Oriental Vegetables Fruit Cocktail Dessert	CLOSED (extra meal sent out 10/11)	Cook's Choice Ham & Cheese Sandwich Vegetable Soup Banana Gingerbread	Turkey Supreme Dinner Roll Asparagus Grapes Frosted Cake	Broccoli Cheddar Soup 1/2 Tuna Salad Sandwich Carrots Apricots Chocolate Pudding w/Topping
18	19	20	21	22
Swedish Meatballs over Buttered Noodles Mixed Vegetables Fruit Cocktail Roll	Baked Ham Sweet Potatoes Beans Applesauce in Gelatin Brownie	Chicken Tetrizzini Broccoli Melon Angel Food Cake w/ Strawberries	BBQ Pork Sandwich Potato Salad Corn & Kidney Bean Salad Orange Peanut Butter Cookie	Lemon Fish Rice Pilaf Capri Vegetables Fruited Cabbage Salad Butterscotch Pudding
25	26	27	28	29
Fish Parsley Potatoes Brussels Sprouts Fruit Cocktail	Potato Bacon Soup 1/2 Ham Salad Sandwich Spinach Salad Crackers Pears	Pizza Casserole Lettuce Salad Mixed Berries Yogurt Garlic Bread	Hot Turkey Sandwich Broccoli Peaches Chocolate Chip Bar	HALLOWEEN PARTY  Bubbling Cauldron of Chili Witches' Fingers Children of the Corn (Bread) Eyeball Grapes Halloween Poke Cake

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


Stephanie Labenz, MS, RD, LD