



Meals on Wheels October 2019 South Salem Dining Room



<u>Weeks</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1 Oct. 1-4		Three Bean Salad Beef Ravioli Italian Veg Rosemary Bread Pudding	Beet Salad Swedish Meatballs Egg Noodles Italian Veg Sourdough Bread Angel Food Cake	Mac Salad Chicken Teriyaki Rice Sugar Snap Peas Oranges Fortune Cookie	Peas & Cheese Baked Fish Red Potatoes Broccoli Dinner Roll Jell-O
Week 2 Oct. 7-11	Spring Greens Chicken Salad Cucumbers, Tomatoes Shredded Carrots Dinner Roll Pudding	Cucumber & Tomato Salad Sloppy Joes Tater Tots, Broccoli Hamburger Bun Grapes	House Salad BBQ Short Ribs Mashed Potato Brussel Sprouts Dinner Roll Apple Crisp	Cowboy Caviar Mexican Beef Tostada Brown Rice Peas & Carrots Chips and Salsa Pears	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Watermelon
Week 3 Oct. 14-18	Spinach Salad Beef Burgundy Egg Noodles Green Beans Dinner Roll Tropical Fruit	Mexican Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Fortune Cookie Sugar Snap Peas Oranges	Beet Salad Swedish Meatballs Egg Noodles, Italian Veg Sourdough Bread Angel Food Cake	House Salad Tuna Casserole Green Beans Dinner Roll Birthday Cake
Week 4 Oct. 21-25	Broccoli Salad Cheese Tortellini Italian Veg Sourdough Bread Pudding	Peas & Cheese Herb Crusted Chicken Mash Potatoes Broccoli Dinner Roll Fruit Salad	House Salad Roast Beef Mashed Potato Green Beans Dinner Roll Brownies	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Watermelon	Cole Slaw Baked Salmon Tater Tots Broccoli, Dinner Roll Jell-O
Week 5 Oct. 28-31	Three Bean Salad Chicken Casserole Italian Veg Rosemary Bread Pudding	Broccoli Salad Spaghetti Brussels Sprouts Butternut Squash Dinner Roll, Tiramisu	Spring Greens Chicken Salad Cucumbers Grape Tomatoes Shredded Carrots Dinner Roll, Pudding	Swamp Salad Chicken Fingers Root Roast Carrot Toes Witch Biscuit Ghoulish Jell-O	

Meals on Wheels Office 503-364-2856