

Meals are now delivered

Mon., Wed. & Friday.

Upon request an additional frozen meal will be sent for the next day.



**October
2020**

At this time, due to COVID 19

meals are being delivered by the wonderful staff from Central Community Transit (CCT)

To Order:

Call 235-5310 ext. 219

Cost per meal is \$6.81

Meal comes with 8oz low fat milk. For those who cannot

have milk, juice can be substituted.

Monday, September 28	Tuesday, September 29	Wednesday, September 30	Thursday, October 1	Friday, October 2 <i>Octoberfest</i>
Country Fried steak/Gravy 1/2 c. Mashed Potatoes 1/2 c. Mixed Vegetables Bread/Margarine-side of cranberries 1/2 c. Rosy applesauce	Salisbury steak frozen dinner Delivered with Monday's Meal includes fruit, dessert, bread and milk	1cup Chicken Fettuchini Alfredo 1/2 cup Broccoli Normandy 1/2 cup fruit cocktail 1/2 cup sherbert Bread/margarine	Tatortot Frozen Dinner Delivered with Wednesdays Meal includes fruit, dessert, bread and milk	4oz. Pork loin/Gravy 1/2 cup German Potato Salad 1/2c. Diced Beets 1 slice German Chocolate cake Dinner roll/Margarine
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Baked Fish with dill sauce Cheesy Hashbrowns Peas and Carrots Lemon Pudding with topping Bread/Milk	Spaghetti Frozen dinner Delivered with Monday's Meal includes fruit, dessert, bread and milk	BBQ Pork Riblet Baked Beans Coleslaw Corn bread with honey butter Applesauce	Meatloaf Frozen Dinner Delivered with Wednesdays Meal includes fruit, dessert, bread and milk	Beef Stew Mashed Potatoes Biscuit/butter Tomato sauce Whipped Fruit salad/Milk
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
Porkchip with mushroom sauce Whole potatoes Mixed Vegetables Sherbert Bread/Milk	BBQ Boneless Chicken Breast frozen dinner Delivered with Monday's Meal includes fruit, dessert, bread and milk	Wild rice Meatballs Mashed potatoes Brown Gravy Corn Apple cobbler Bread/ Milk	Tuna Noodle Hotdish frozen dinner Delivered with Wednesdays Meal includes fruit, dessert, bread and milk	Turkey with stuffing Mashed potatoes/gravy Brussel sprouts Pumpkin Pie Bread/Milk
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Chicken Parmesan Lingunie with Marinara Prince Edward Mix Veggies Pineapple tidbits Bread/ Milk	Beef Tips in gravy frozen dinner Delivered with Monday's Meal includes fruit, dessert, bread and milk	Boiled Dinner with Ham, cabbage, potatoes and carrots Mandarin Oranges Frosted Cake Bread/ Milk	Pork Loin Frozen Dinner Delivered with Wednesdays Meal includes fruit, dessert, bread and milk	Lemon Pepper Fish Seasoned Tator tots Broccoli Peaches Brea and Milk
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30 <i>Happy Halloween</i>
Chicken Enchilada Bake Spanish Rice Corn Diced Pears Bread/Milk	Roast Beef Frozen Dinner Delivered with Monday's Meal includes fruit, dessert, bread and milk	Beef Chili Corn bread with honey butter Coleslaw Apple crisp Grape juice/bread/Milk	Chicken breast in cream sauce frozen dinner Delivered with Wednesdays Meal includes fruit, dessert, bread and milk	6 oz. Sweet & Sour Pork 1/2c. Rice 1/2 c. Oriental Vegetables 1/2 c. Orange jellow with Fruit Halloween cupcake/Bread/Milk