



Meals on Wheels, a program of FeedMore WNY
OCTOBER 2019 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE.	Quarter Chicken w/ Gravy/ Carrots/ Cauliflower (19g CHO)	Roast Beef w/ Gravy/ Sweet Potatoes/ Savory Cabbage/ White Bread/ (65g CHO)	Bratwurst w/ Baked Beans/ Roasted Potatoes/ Mixed Vegetables/Hot Dog Bun (88g CHO)	Cheese Omelet w/ Cheese Sauce/Hash Browns/ Blueberry Muffin (40g CHO)
	Egg Salad/Wheat Bread (23g CHO)	Ham Salad/Multigrain Bread/Four Bean Salad (41g CHO)	Chicken Salad/White (29g CHO)	Tuna Salad/Wheat Bread/ Potato Salad (42g CHO)
7	8	9	10	11
Boneless Chicken Breast w/ Marsala Sauce/ Cauliflower /Mixed Vegetables (21g CHO) Peanut Butter & Jelly/Wheat Bread (33g CHO)	Polish Sausage w/ Sauerkraut/ German Potato Salad/ Hot Dog Bun (59g CHO)	Macaroni & Cheese/Stewed Tomatoes (39g CHO)	Tortellini w/ Tomato Meat Sauce (76g CHO) Chicken Salad w/ Cranberries/ White Hamburger Roll/ Carrot Raisin Salad (47g CHO)	Salisbury Steak w/ Onion Gravy/Scalloped Potatoes/ Peas/ Breakaway Roll (66g CHO)
	Turkey/White Bread (24g CHO)	Hard Boiled Eggs w/Mayo/ White Bread/(28g CHO)		Ham/Multigrain Bread/Four Bean Salad (51g CHO)
14 Columbus Day	15	16	17	18
Turkey Breast w/ Gravy/ Mashed Potatoes/ Carrots (33 CHO)	Beef Pepper Steak Casserole/White Rice (30g CHO)	Meatballs w/ Tomato Sauce & Mozzarella Cheese/ Penne Pasta (40g CHO)	Roast Pork Loin w/ Cranberry Chutney/Sweet Potato/ (62g CHO)	Baked Tilapia w/ Creole Sauce/ Red Skin Potato/ Wheat Dinner Roll (41g CHO)
Yellow American Cheese/ White Bread (36g CHO)	Chicken Salad/Wheat Bread (25g CHO)	Egg Salad/Wheat Bread (23g CHO)	Cooked Chicken Breast/ Multigrain Bread/Carrot Pineapple Salad (53g CHO)	Turkey/White Bread/ Confetti Coleslaw (37g CHO)
21	22	23	24	25
Shredded Pork w/ Gravy/ Navy Bean Soup/Wheat Hamburger Roll (53g CHO)	Panko Breaded Chicken Thigh/Cheddar Mashed Potato/Lima Bean Bake (51g CHO)	Beef Stroganoff/ Brown Rice (29g CHO)	Cabbage Roll w/ Savory Meat sauce/Mashed Potatoes/ Dinner Roll (66g CHO)	Ham Steak w/ Brown Sugar Glaze/Cheesy Scalloped Potatoes/ Brussel Sprouts/ Cornbread (63g CHO)
Peanut Butter & Jelly/White Bread (33g CHO)	Tuna Salad/Wheat Bread (24g CHO)	Turkey/Multigrain Bread (40g CHO)	Ham/White Bread (34g CHO)	Chicken Salad/Wheat Bread (25g CHO)
28	29	30	31 Happy Halloween!	November 1
Chicken Vegetable Casserole/ Biscuit (35g CHO)	Veggie Burger w/ Ketchup /Roasted Red Potato/ Roll (48g CHO)	Roast Pork Loin w/ Gravy/ Mashed Squash/ Creamed Cabbage w/ Dill (37g CHO)	Breaded Chicken Breast/Sweet Potatoes Roll (56 g CHO)	Meatloaf w/ Swiss Gravy/ Mashed Potatoes (33g CHO)
Peanut Butter & Jelly/ Multigrain Bread (53g CHO)	Ham/Tortilla Shell/ Potato Salad (34g CHO)	Egg Salad/White Bread (27g CHO)	Tuna Salad/Wheat Bread (24g CHO)	Cottage Cheese w/ Pineapple /White Bread/ Crackers (33g CHO)

**Meals will be served on
 Columbus Day,
 Monday, October 14th, 2019**

**Plan ahead!
 Meals on Wheels will be closed
 on Thanksgiving Day.**

**If you would like to receive a meal
 on Thanksgiving, you can reserve
 one through the Buffalo City
 Mission's Turkey Express.
 Volunteers will deliver holiday
 meals to your home. More
 information on this special holiday
 delivery will be coming soon.**



**Reminder: Start stocking up on
 your emergency foods.**

NOTE ON SPECIAL DIETS:
 Meals may be different than stated on the
 menu to meet dietary requirements. If you
 are on a special diet and have questions,
 please contact the Nutrition Dept. at
 (716) 822-2002.