

October 2020 Menu

The Food Bank & Meals on Wheels are now **Feed More WNY**

The essential work done by FeedMore WNY is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the U.S. Department of Health and Human Services, New York State Office for the Aging and Erie County's Departments of Senior Services and Social Services. For more information, visit www.feedmorewny.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu may change without notice. Special Diet meals may be different than stated on the menu to meet dietary requirements. If you have questions about your diet or need to cancel your meals, please call (716) 822-2002 by 2:00 pm the day prior to delivery.			1	2
			Hot Meal: Bratwurst with Baked Beans, Corn, Cinnamon Apples Cold Meal: Chicken Salad with Cranberries, White Bread	Hot Meal: Stuffed Pepper, Tomato Meat Sauce, Mashed Potatoes, California Mix Cold Meal: Meatloaf with Multigrain Bread
5	6	7	8	9
Hot Meal: Chicken Marsala, Cauliflower and Carrots, Au Gratin Broccoli, Dinner Roll, Chocolate Chip Cookie Cold Meal: Peanut Butter & Jelly on Wheat Bread	Hot Meal: Macaroni and Cheese, Zucchini and Tomatoes, Green Beans, Wheat Roll, Fruit Cocktail Cold Meal: Two Hardboiled Eggs with Rye Bread	Hot Meal: Hamburger with Gravy, Red Potatoes, Mixed Vegetables, Rice Crispy Treat Cold Meal: Turkey with Wheat Bread	Hot Meal: Tortellini with Meat Sauce, Seasoned Spinach, Italian Mixed Vegetables, Italian Bread Cold Meal: Chicken Salad with Cranberries, White Hamburger Roll	Hot Meal: Salisbury Steak, Scalloped Potatoes, Peas, Breakaway Roll Cold Meal: Ham with Multigrain Bread
12	13	14	15	16
Hot Meal: Sliced Turkey Breast with Gravy and Cranberry Sauce, Mashed Potatoes, Carrots, Roll Cold Meal: Yellow American Cheese with Multigrain Bread	Hot Meal: Beef Pepper Steak Casserole, Broccoli, Wax Beans, White Rice Cold Meal: Tuna Salad with Wheat Bread	Hot Meal: Bratwurst with Sauerkraut, German Potato Salad, Broccoli, Cauliflower and Carrot, Hot Dog Bun Cold Meal: Cooked Chicken Breast with Rye Bread	Hot Meal: Roast Pork Loin with Cranberry Chutney, Sweet Potato, Green Beans, Wheat Bread Cold Meal: Egg Salad with White Bread	Hot Meal: Beer Battered Fish with Tartar Sauce, Au Gratin Potato, Stewed Tomato and Zucchini, Rye Bread Cold Meal: Turkey with Wheat Bread
19	20	21	22	23
Hot Meal: Eggplant Parmesan, Seasoned Spinach, Wax Beans, Dinner Roll Cold Meal: Peanut Butter and Jelly with White Bread	Hot Meal: Breaded Chicken Breast, Cheddar Mashed Potatoes, Lima Bean Bake, Multigrain Bread Cold Meal: Tuna Salad with Wheat Bread	Hot Meal: Beef Stroganoff, Cauliflower, French Bean Medley, Brown Rice Cold Meal: Egg Salad with Rye Bread	Hot Meal: Chicken Pasta Primavera, Italian Vegetables, Dinner Roll Cold Meal: Roast Beef with Multigrain Bread	Hot Meal: Ham Steak with Brown Sugar Glaze, Cheesy Scalloped Potatoes, Brussels Sprouts, Rye Bread Cold Meal: Chicken Salad with White Bread
26	27	28	29	30 – Halloween Lunch
Hot Meal: Chicken Vegetable Casserole, Broccoli, Biscuit Cold Meal: Peanut Butter and Jelly with Multigrain Bread	Hot Meal: Hot Dog with Baked Beans, Roasted Red Potato, Carrots, Hot Dog Bun Cold Meal: Turkey with White Bread	Hot Meal: Pulled Roasted Pork Loin with Herb Gravy, Mashed Squash, Cauliflower, Rye Bread Cold Meal: Egg Salad with Rye Bread	Hot Meal: Lasagna Roll with Meat Sauce, California Mix, Green Beans, Dinner Roll Cold Meal: Chicken Salad with Wheat Bread	Hot Meal: Breaded Chicken Drumsticks, Cheesy Mashed Potatoes, Peas with Pearl Onions, Wheat Bread Cold Meal: Cottage Cheese with Pineapple, Wheat Bread

