

October 2016 Home-Delivered Meals Menu

Menu items are subject to change due to availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 rd Swedish Meatballs** Egg noodle Broccoli Whole wheat roll Peach halves	4 th Chicken Alfredo Spinach Italian blend Whole wheat roll Apple crisp	5 th Beef goulash California blend Garden salad Whole wheat roll Mandarin orange cake	6 th Ham w/cranberry glaze** Baked yams Green beans Whole wheat roll Fresh fruit	7 th Open face turkey sandwich Mashed potato Sliced carrots Whole wheat bread Fruit Jell-O
10 th Cheese manicotti Scandinavian blend Garden salad Breadstick Oranges	11 th Country breaded beef Mashed potato California blend Biscuit Peanut butter cake	12 th Sweet & sour pork** White rice Broccoli Whole wheat roll Fresh fruit	13 th Breaded catfish Italian blend Baked tomato half Whole wheat roll Tropical fruit	14 th Shepard's pie Mashed potato Succotash Whole wheat roll Apricots
17 th BBQ Ribette sandwich** Steak fries Corn Whole wheat bun Plums	18 th Chicken stroganoff Broccoli & cauliflower Peas & pimentos Whole wheat roll Banana	19 th Beef goulash Normandy blend Garden salad Whole wheat roll Ambrosia	20 th Bratwurst w/sauerkraut** Steak fries Peas & carrots Whole wheat bun Cinnamon applesauce	21 st Tuna salad plate 3 bean salad Potato salad Whole wheat roll Fruit cocktail
24 th Spaghetti w/meatballs** Capri blend Zucchini & squash Oranges Breadstick	25 th Birthday Celebration Meatloaf Mashed potato Tomato mushroom gravy Succotash Birthday cake	26 th Biscuit w/sausage gravy** Oven-fried potatoes Scrambled eggs Orange juice Banana	27 th Herb roasted chicken Country blend Garden salad Whole wheat roll Mandarin oranges	28 th Vegetable lasagna Broccoli Garden salad Breadstick Orange sherbet
31 st Happy Halloween Chili dog French fries Sliced carrots Whole wheat bun Pumpkin fluff				

East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One
ALL MENU ITEMS WITH ** CONTAIN PORK OR PORK PRODUCT