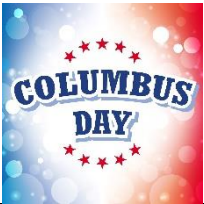


Home Delivered Nutrition Program

October 2024 – Menu

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| 30 – Monday | 1 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Tossed Salad w/Ranch Bun Pear | 2 - Wednesday Shepherd's Pie Lima Beans Tarragon Baby Carrots Apricots Bread | 3 - Thursday Baked Tilapia OR Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Vanilla Pudding | 4 - Friday Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread |
| 7 - Monday Salisbury Steak Whipped Potatoes w/gravy Zucchini & Tomatoes Pears SF Vanilla Pudding Bread | 8 – Tuesday Chicken & Noodles Seasoned Corn Spinach w/ vinegar pk Peaches SF Chocolate Pudding | 9 - Wednesday Baked Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Baked Apples Lorna Doones Bread | 10 - Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun | 11 - Friday Tender Beef Pot Roast w/gravy Whipped Potatoes w/gravy California Blend Apricots Lorna Doones Bread |
| 14 – Monday CLOSED  | 15 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Apricots SF Vanilla Pudding | 16 - Wednesday Lemon Thyme Chicken w/ Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread | 17 - Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers 2 packs | 18 - Friday Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake |
| 21 - Monday Goulash Green Beans Lorna Doones Pears Breadstick | 22 – Tuesday Beef Stew Seasoned Wax Beans Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit | 23 - Wednesday Shredded Chicken w/homemade BBQ Peas, Seasoned Carrot Cole Slaw SF Chocolate Pudding Bun | 24 - Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce WW Bread Vanilla Wafers | 25 - Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread |
| 28 - Monday | 29 – Tuesday | 30 – Wednesday | 31 - Thursday | 1 - Friday |

AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free *Menu is subject to change****

All meals served with requested beverage.

You will only receive fish alternative if your diet requires “no fish”