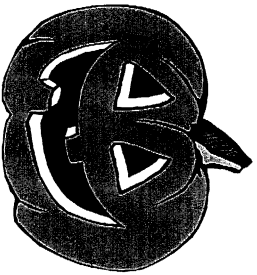



OCTOBER 2019

Meals on Wheels

(607) 754-7856



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 7 MENU A SCALLOPED POTATOES & HAM MENU B BEEF STROGANOFF OVER NOODLES | 1 MENU A CHEF'S SALAD WITH TURKEY MENU B CHEF'S SALAD WITH HAM | 2 LASAGNA | 3 MENU A HONEY BAKED CHICKEN MENU B HONEY BAKED PORK CHOP | 4 MENU A CHICKEN PARMESAN MENU B EGGPLANT PARMESAN |
| 14 MENU A SWEET & SOUR MEATBALLS MENU B SEASONED CHICKEN | 8 MENU A SWEDISH MEATBALLS MENU B SALISBURY STEAK & GRAVY | 9 CHICKEN SPIEDIE SUB | 10 MENU A BAKED POTATO WITH BROCCOLI & CHEESE MENU B BAKED POTATO WITH CHILI & CHEESE | 11 MENU A MAC & CHEESE MENU B BAKED FISH WITH LEMON GARLIC SPAGHETTI |
| 21 MENU A STUFFED PEPPERS MENU B HOLUPKI CASSEROLE | 15 MENU A SPANISH RICE MENU B BEEF CHEESESTEAK SUB | 16 MEATLOAF WITH GRAVY | 17 MENU A CHEESEBURGER ON A BUN MENU B CHICKEN PATTY ON A BUN | 18 MENU A ITALIAN SAUSAGE WITH PEPPERS & ONIONS MENU B FISH FLORENTINE |
| 28 MENU A PULLED PORK MENU B SLOPPY JOE | 22 MENU A HOT DOG ON A BUN MENU B CHICKEN PATTY ON A BUN | 23 POT ROAST WITH GRAVY | 24 MENU A SPAGHETTI & MEATBALLS MENU B RAVIOLI & MEATBALLS | 25 MENU A CHEESE PIZZA MENU B PEPPERONI PIZZA |
| 29 MENU A BAKED CHICKEN MENU B PEPPER STEAK | 30 HAM LOAF WITH RAISIN SAUCE | 31 MENU A PIEROGI WITH SAUTEED ONIONS MENU B TUNA NOODLE CASSEROLE | MENU SUBJECT TO CHANGE WITHOUT NOTICE  | |