

October 2024

AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 22 SERVING DAYS

Mon	Tue	Wed	Thu	Fri
	1. Goulash 8 oz Green Beans 4 oz Apple Sauce 4 oz Slice of Wheat Bread Milk 2%	2. Mexican Lasagna 8 oz Fiesta Corn 4 oz Apricots 4 oz Milk 2%	3. Chicken Pot Pie 8 oz Broccoli 4 oz Banana Biscuit Milk 2%	4. Turkey & Gnocchi 8oz Peaches 4 oz Garden Salad 4 oz Milk 2%
7. Cowboy Beans 8oz Carrots 4 oz Pear 4 oz Honey Wheat Roll Milk 2%	8. Liver & Onions 3oz OR Beef Cutlet 3oz w/ Gravy Baked Potato Mixed Fruits 4 oz Carrots 4oz Wheat Roll Milk 2 %	9. Salmon Bake 4 oz w Cucumber Sauce 2 oz Sweet Potato 4 oz Winter Veg Blend 4 oz Cantaloupe 4 oz Roll Milk 2%	10. Tater Tot Casserole 8 oz Stewed Tomatoes 4 oz Ambrosia Fruit Salad 4oz Milk 2%	11. Beef Chili 8 oz Garden Salad 4 oz Banana Cinnamon Roll Milk 2%
14. Columbus Day	15. Sloppy Joe 4 oz Potato Wedges 4 oz Carrots 4 oz Mixed Fruit 4 oz Bun Milk 2%	16. Chicken & Noodles 8 oz Mashed Potatoes 4 oz Corn 4 oz Orange Wheat Roll Milk 2 %	17. Cranberry Meat Balls 3oz Brown Rice 4 oz Green Beans 4 oz Apricots 4 oz Cheddar Dill Bread Cake Milk 2%	18. Easy Lasagna 8 oz Garden Salad 4 oz Apple Garlic Bread Milk 2%
21. Mexican Pork Stew 8 oz Mandarin Oranges 4oz Hominy 4 oz Corn Bread Milk 2%	22. BBQ Chicken 3 oz Baked Beans 4 oz Potato Salad 4 oz Mixed Fruit 4 oz Slice of Bread Milk 2%	23. Shepards Pie 8 oz Diced Pears 4 oz Cucumber & Tomato Salad 4 oz Milk 2%	24. Ham Slice 3 oz Cole Slaw 4 oz Sweet Potato 4 oz Pineapple 4 oz Wheat Roll Milk 2%	25. Cheeseburger Soup 8oz Broccoli 4 oz Apple Crisp 4 oz Milk 2%
28. Sterling's Oven Omelet 4 oz Tomato Slices 4 oz Cantaloupe 4 oz Milk 2%	29. Creamed Chicken 4 oz Peaches 4 oz Green Beans 4 oz Milk 2%	30. Tomato Soup 8 oz Pimento Cheese Sand- wich Strawberries & Peaches 4 oz Milk 2%	31. Taco Salad Lettuce, Tomato, Cheddar Cheese, Corn Chips. 8 oz Mixed Fruit 4 oz Milk 2%	