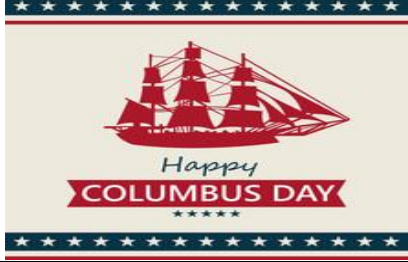


618-498-3483

OCTOBER 2025

618-498-3483

Monday	Tuesday	Wednesday	Thursday	Friday
Home Delivered Meal recipients must register for a set delivery schedule of either five (5) OR three (3) days per week, with the days always being the same each week. We cannot allow picking or choosing random days based on menu items.	MEAL RESERVATIONS must be made by 11am on the day BEFORE you wish to receive a meal. Thank you. WG = Whole Grain w/ = With	1 Creamy Sausage Cheese Tortellini, Broccoli Fruit Cocktail Milk	2 Chicken & Dumplings Dinner Roll* Pickled Beets Pineapple Milk	3 Cheesy Hamburger Macaroni Mixed Vegetables Mandarin Oranges Chocolate Pudding Milk
6 Salsbury Steak Mashed Potatoes & Gravy Asparagus Pears Milk	7 Cheesy Mexican Chicken & Rice w/ Black Beans Corn, Red Pepper Medley Pineapple Milk	8 Fish Patty on Bun* Macaroni & Cheese California Vegetables Peaches Milk	9 Beef Vegetable Soup Dinner Roll* Pickled Beets Fruit Cocktail Milk	10 Baked Turkey w/ Gravy Dressing* Mashed Sweet Potatoes Green Beans Casserole Cranberry Sauce Milk
	14 Beef Stroganoff Garlic Bread* Brussel Sprouts Peaches Milk	15 Chicken Fettuccini Alfredo Bread Stick* Broccoli Pineapple Milk	16 Hot Dog on Bun* Chili Creamy Slaw Applesauce Milk	17 <u>Birthday Dinner</u> Oven Fried Chicken Dinner Roll* Mashed Potatoes & Gravy Peas & Carrots Tropical Fruit, Cake w/ Icing, Milk
20 BBQ Pulled Pork on Bun* Baked Beans Brussel Sprouts Apricots Milk	21 Smothered Chicken Breast Parslied Potatoes Green Beans Pineapple Milk	22 Stuffed Pepper & Rice Casserole Garlic Bread* Stewed Tomatoes & Zucchini Pears Milk	23 Ham & Bean Soup Cornbread* Chopped Vegetable Salad Tropical Fruit Milk	24 Open Faced Roast Beef Mashed Potatoes & Gravy Mixed Vegetables Orange Fluff Milk
27 Polish Sausage Mashed Potatoes & Gravy Krust Peaches Milk	28 Breaded Chicken Breast on Bun* Lima Beans Stewed Tomatoes & Zucchini Pineapple Milk	29 Spaghetti w/ Meat Sauce Garlic Bread* Tossed Salad w/ Dressing Tropical Fruit Milk	30 Chicken & Wild Rice Soup Dinner Roll* Pickled Beets Broccoli Cauliflower Salad Pears Milk	31 Baked Ham Dinner Roll* Red Skinned Mashed Potatoes Seasoned Brussel Sprouts Apple Crisp & Milk

IF YOU WILL NOT BE HOME to accept your home delivered meal, please notify the center 24 hours in advance to cancel the meal. If a cancellation is not phoned in and you are not home to receive the meal, delivery services will be discontinued until you contact the center to resume your meal delivery service. TWO unsuccessful delivery attempts where no one was home to receive the meal, and the participant did not report a cancellation may result in a 30-day suspension of services.