

Monday

Tuesday

Wednesday

Thursday

Friday

# October 2020

Meals on Wheels Served by the Frederick County ADC.

		Baked Chicken Tenders Fresh Mashed Potatoes Brussels Sprouts Sliced Apples LS Bologna and Cheese Sandwich Mustard Vegetarian Beans Tossed Salad w/Italian Dressing Fresh Orange		<b>1</b>	Meatloaf Mashed Sweet Potatoes LS Beef Gravy Spinach Pineapple Baked Fish with Lemon Wedge Brown Rice Coleslaw Cornbread Tropical Fruit Salad	<b>2</b>			
Chicken Noodle Soup LS Crackers Turkey Ham Red Potatoes Broccoli Fresh Pear Meatloaf, LS Beef Gravy Fresh Mashed Potatoes Steamed Carrots Fruit Cocktail	<b>5</b>	Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Shredded Chicken Barbeque on a Roll Potato Salad Coleslaw Applesauce	<b>6</b>	Hamburger on a Roll Ketchup Baked Beans Collard Greens Mandarin Oranges LS Vegetable Soup LS Crackers Chicken Salad Sandwich Carrot and Raisin Salad Tropical Fruit	<b>7</b>	Baked Chicken Mashed Sweet Potatoes Green Beans Tangerine Sugar Cookies Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots	<b>8</b>	Baked Fish Square Brown Rice Tartar Sauce Stewed Tomatoes Pineapple Tidbits Chicken Tetrizzini Kale Peaches Brownie	<b>9</b>
Sliced Turkey LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Chicken Chow Mein served over Brown Rice Cabbage Dinner Roll Vanilla Pudding	<b>12</b>	WG Flour Tortillas Ground Beef Filling, Brown Rice Ranch Beans, Chuckwagon Corn Shredded lettuce/Tomato/Cheese Sour Cream Mandarin Oranges Chicken Breast Fillet Fresh Mashed Potatoes Broccoli Applesauce	<b>13</b>	Turkey Burger on a Roll Mayonnaise Baked Sweet Potato Fries Steamed Carrots Tropical Fruit Salad Split Pea Soup LS Crackers Turkey Salad Sandwich Three Bean Salad Grapefruit Sections	<b>14</b>	Meatloaf LS Beef Gravy Fresh Mashed Potatoes Steamed Kale Fruit Cocktail Sugar Cookies Turkey Ham Sweet Potatoes Spinach Apricots	<b>15</b>	Baked Fish Wedge Brown Rice Tartar Sauce Brussels Sprouts Pineapple Tidbits Stuffed Shells Marinara Sauce Peas Tossed Salad w/Ranch Dressing Mandarin Oranges	<b>16</b>
Chicken Drumstick Twice Baked Potato Broccoli Tossed Salad w/French Dressing Dinner Roll Sliced Peaches Lasagna Zucchini Italian Bread Fresh Orange	<b>19</b>	Hamburger on a Roll Lettuce/Tomato/Pickle/Ketchup Fresh Boiled Potatoes, Succotash Tropical Fruit Salad Oatmeal Raisin Cookies Three Bean Turkey Chili Served over Brown Rice Chuckwagon Corn Cornbread Pineapple Slices	<b>20</b>	Turkey Ham Sweet Potatoes California Blend Vegetables Apricots LS Navy Bean Soup LS Crackers Sliced Turkey and Swiss Sandwich Lettuce/Tomato/Mayonnaise Mandarin Oranges	<b>21</b>	Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Fresh Orange Sugar Cookies Sliced Roast Turkey LS Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies	<b>22</b>	WG Rotini Pasta Meatsauce Brussels Sprouts Canned Pears LS Minestrone Soup LS crackers Tuna Salad Sandwich Lettuce/Tomato/Pickle Three Bean Salad Tropical Fruit Salad	<b>23</b>
Hamburger on a Roll Vegetarian Beans Coleslaw Mandarin Oranges Chicken Breast Fillet LS Chicken Gravy Mashed Potatoes Collard Greens Peaches	<b>26</b>	Peppersteak Brown Rice Broccoli Applesauce Oatmeal Raisin Cookies WG Rotini Pasta Meatballs, Marinara Sauce Italian Blend Vegetables Italian Bread Tropical Fruit Cup	<b>27</b>	Turkey Ham Sweet Potatoes Cauliflower Apricots LS Split Pea Soup LS Crackers Egg Salad Sandwich Carrot and Raisin Salad Fresh Orange	<b>28</b>	Creamed Chicken over Biscuit Egg Noodles Chopped Spinach Fresh Pear Gingerbread Meatloaf LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake	<b>29</b>	Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll Lettuce/Tomato/Pickle/Ketchup Tater Tots Kale Pineapple	<b>30</b>

Frederick County Meals on Wheels – Menu subject to change. 1% Milk and Whole Grain Bread are served with all meals unless noted