

Monday

Tuesday

Wednesday

Thursday

Friday

# October 2020

Meals on Wheels Served by the Homewood Kitchen

					Honey Glazed Ham Seasoned Spinach Corn Pudding Grape Juice Chili Bean Dip Celery Sticks Cucumbers Saltine Crackers Fresh Fruit Cup Assorted Dessert	<b>1</b> Potato Crusted Cod Autumn Blend Vegetables Baked Beans Seasoned Green Beans Orange Juice Egg Salad Sliced Tomatoes on Lettuce Peaches Fresh Apple	<b>2</b>		
Chicken and Dumplings Broccoli Whipped Potatoes Orange Juice Mixed Beans Cole Slaw Raw Vegetable Plate Fresh Apple Pears	<b>5</b>	Shredded BBQ Beef Sandwich Seasoned Green Beans Baked Beans Cranberry Juice Tuna Salad Pickled Beet Salad Sliced Tomatoes on Lettuce Saltine Crackers Canned Fruit Assorted Dessert	<b>6</b>	Turkey Cutlet Seasoned Spinach Whipped Potatoes Apple Juice Hummus Cucumbers Carrot and Celery Sticks English Muffin Peaches Fresh Fruit Cup	<b>7</b>	Salmon Cake Cauliflower Polonaise Baked Sweet Potato Grape Juice Turkey and Cheese Sandwich Large Salad Fresh Orange Assorted Dessert	<b>8</b>	Beef Pot Roast Pot Roast Vegetables Kidney Beans Orange Juice Cottage Cheese with Apple Butter Marinated Vegetable Salad Fresh Apple Canned Fruit	<b>9</b>
Country Fried Steak Seasoned Spinach Hash Brown Casserole Orange Juice Chicken Salad Coke Slaw Tomato Salad Applesauce Fresh Orange	<b>12</b>	Salmon Fillet Zucchini Pinto Beans, Baby Carrots Cranberry Juice Pickled Egg Cucumbers Macaroni Salad Canned Fruit Fresh Fruit Cup Assorted Dessert	<b>13</b>	Marinated Chicken Harvard Beets Oven Roasted Potatoes Orange Juice Mixed Beans Large Salad Carrot Sticks Saltines Canned Fruit Fresh Apple	<b>14</b>	Pepper Steak Sweet Butternut Squash Navy Beans Apple Juice Tuna Salad Marinated Vegetable Salad Lettuce and Tomato Canned Fruit Fresh Fruit Cup	<b>15</b>	Savory Baked Pork Yellow Squash Whipped Potatoes Orange Juice Hummus Cucumbers Celery Sticks Saltine Crackers Fresh Apple Assorted Dessert	<b>16</b>
Crispy Baked Cod Baby Carrots, Kidney Beans Broccoli Orange Juice Cottage Cheese Large Salad Potato Salad Saltines Fresh Apple Peaches	<b>19</b>	Oven Fried Chicken Stewed Tomatoes Macaroni and Cheese Cranberry Juice Mixed Beans Carrot Sticks Saltine Crackers Canned Fruit Fresh Fruit Cup	<b>20</b>	Corned Beef Seasoned Spinach Baked Beans Orange Juice Pickled Egg Pickled Beet Salad Cole Slaw Saltine Crackers Mandarin Oranges, Fresh Orange Assorted Dessert	<b>21</b>	Ham Loaf Whole Bean Blend Whipped Sweet Potatoes Zucchini Apple Juice Boneless Grilled Chicken Breast Hamburger Roll Lettuce and Tomato Canned Fruit Fresh Apple	<b>22</b>	Slippery Beef Pot Pie Baby Carrots Orange Juice Hummus Cucumbers Celery Sticks English Muffin Fresh Grapes Fruit Ambrosia Assorted Dessert	<b>23</b>
Beef Pot roast Pot Roast Vegetables Baked Beans Orange Juice Tuna Salad Lettuce and Tomato Carrot and Celery Sticks Canned Fruit Assorted Dessert	<b>26</b>	Baked Ham Zucchini and Squash Medley Vegetable Medley Apple Juice Sliced Turkey Sandwich Marinated Vegetable Salad Pineapple Fruit Cup Fresh Orange	<b>27</b>	Teriyaki Marinated Chicken Asian Blend Vegetables Seasoned Green Beans Cranberry Juice Hummus Cole Slaw Saltine Crackers Canned Fruit Assorted Dessert	<b>28</b>	Beer Battered Fish Vegetable Du Jour Navy Beans Grape Juice Sliced Chicken Sandwich Carrot and Raisin Salad Lettuce and Tomato Peaches Fresh Apple	<b>29</b>	Meatloaf Vegetable Medley Whipped Potatoes Glazed Carrot Coins Orange Juice Chili Bean Dip Celery Sticks Saltine Crackers Peaches Fresh Fruit Cup	<b>30</b>

Frederick County Meals on Wheels – Menus subject to change. 2% Milk and Whole Grain Bread are served with all meals unless noted.