



OCTOBER 2019

VALLEY SENIOR SERVICES: Trail/Steele Meals on Wheels & Centers

Please call one day in advance by 2 pm Monday through Friday to leave reservation for a meal; for Monday call by 2 pm on Friday.

Phone: 636-5953 or 1-800-845-1715

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CHICKEN ALA KING MASHED POTATOES GREEN BEANS FRESH FRUIT CHOCOLATE CHIP MUFFIN	CHILI MAC HOTDISH CORN ROMAINE SALAD STRAWBERRY JELLO W/PEARS & WHIPPED TOPPING WHOLE WHEAT BREAD	MEATLOAF BAKED POTATO W/SOUR CREAM STEWED TOMATOES MANDARIN ORANGES WHOLE WHEAT DINNER ROLL	SALISBURY STEAK W/GRAVY GARLIC SMASHED POTATOES PEAS & CARROTS FRUIT CUP WHOLE WHEAT BREAD
7	8	9	10	11
BAKED COD W/ ALFREDO SAUCE WILD RICE BLEND STEAMED SLICES CARROTS PINEAPPLE TIDBITS WHOLE WHEAT BREAD	HAMBURGER W/ LETTUCE TOMATO AND ONION WHOLE WHEAT BUN POTATO SALAD FRESH FRUIT	CHICKEN WILD RICE HOTDISH FIVE WAY MIXED VEGETABLES BROCCOLI SALAD BIRTHDAY CAKE FOR OCTOBER BIRTHDAYS WHOLE WHEAT DINNER ROLL	BARBECUE RIBS BAKED POTATO W/ SOUR CREAM COLESLAW TROPICAL FRUIT DINNER ROLL	BEEF STROGANOFF OVER NOODLES GERMAN BLEND VEGETABLES CREAMY CUCUMBERS WHOLE WHEAT BREAD STRAWBERRY JELLO W/PEARS & WHIPPED TOPPING
14	15	16	17	18
SWEDISH MEATBALLS MASHED POTATOES CORN APRICOTS DINNER ROLL	HERBED CHICKEN BREAST SWEET POTATO CASSEROLE FRENCH GREEN BEANS FRUIT CUP WHOLE WHEAT DINNER ROLL	PORK CHOPS WITH GRAVY MASHED POTATOES FRENCH CUT GREEN BEANS ORANGE JELLO W/MANDARIN ORANGES & WHIPPED TOPPING BLUEBERRY MUFFIN	SLOW ROASTED BEEF & GRAVY MASHED POTATOES MIXED VEGETABLES PEAR CRISP W/WHIPPED TOPPING WHOLE WHEAT BREAD	LEMON PEPPER FISH TARTAR SAUCE WILD RICE BLEND CREAMED PEAS CAPTAINS SALAD CHERRY JELLO W/PEACHES & WHIPPED TOPPING
21	22	23	24	25
SWISS STEAK W/GRAVY MASHED POTATOES COUNTRY BLEND VEGETABLES FRUIT COCKTAIL WHOLE WHEAT DINNER ROLL	BEEF STEW CAPTAIN'S SALAD FRESH FRUIT BISCUIT	BBQ ON A WHOLE WHEAT BUN POTATO SALAD COLESLAW CARAMEL APPLE SALAD	CHILI BAKED POTATO FRESH FRUIT CUP CORN BREAD MUFFIN	BBQ CHICKEN BREAST SCALLOPED POTATOES BEETS APPLE CRISP W/WHIPPED TOPPING CROISSANT
28	29	30	31	
CABBAGE ROLLS PARSLIED BUTTERED POTATOES COTTAGE CHEESE W/ PEACHES BRAN MUFFIN	ROAST TURKEY & GRAVY MASHED POTATOES CRANBERRY SAUCE SQUASH APPLESAUCE	MACARONI BEEF HOTDISH CORN CHERRY JELLO W/PEARS W/WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	HAPPY HALLOWEEN BAKED HAM WITH RAISIN SAUCE AU GRATIN POTATOES SCANDINAVIAN VEGETABLE BLEND FRUIT SALAD HALLOWEEN COOKIE	

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)