

October 2022

VALLEY SENIOR SERVICES - TRAILL/STEELE MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday 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
3	4	5	6	7
Herb Crusted Fish Baked Sweet Potato Creamed Peas Apricots Whole Wheat Dinner Roll	Taco Casserole Salsa Shredded Lettuce Mixed Vegetables Fresh Fruit Whole Wheat Dinner Roll	Ranch Chicken Breast Au Gratin Potatoes Steamed Broccoli Peaches Whole Wheat Bread	Salisbury Steak Mashed Potatoes & Gravy Stewed Tomatoes Pears Whole Wheat Dinner Roll	Roast Beef w/ Gravy Mashed Potatoes Coleslaw Fruit Cocktail Cookie Whole Wheat Dinner Roll
10	11	12	13	14
Citrus Glazed Baked Fish Tartar Sauce Rice Pilaf Lettuce Salad w/Dressing Fresh Fruit Chocolate Chip Cookie	Biscuits & Gravy Sausage Link Mixed Vegetables Fresh Fruit	Turkey w/ Gravy Smashed Potatoes Monte Carlo Vegetables Pineapple Birthday Cake for the October Birthday's	Scalloped Potatoes w/Ham Peas & Carrots Orange Jell-O w/Mandarin Oranges & Whipped Topping Banana Bread	BBQ Chicken Breast Potato Salad Corn Peach Crisp & Whipped Topping Whole Wheat Bun
17	18	19	20	21
Smothered Pork Chop Mashed Potatoes Diced Beets Tropical Fruit Whole Wheat Bread	Chili Baked Potato w/Sour Cream California Blend Vegetables Peaches Corn Bread Muffin	Tuna Noodle Hotdish Creamy Cucumbers Mangos Brownie Dinner Roll	Swedish Meatballs Mashed Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Dinner Roll	Teriyaki Chicken Brown Rice Garlic Ginger Green Beans Pears Peach Kuchen Bar
24	25	26	27	28
Beef Stew Steamed Cauliflower Pineapple Tidbits Biscuit	Herb Crusted Chicken Parmesan Garlic Potatoes Chateau Blend Vegetables Peaches Whole Wheat Dinner Roll	Lasagna Green Beans Mixed Berries Garlic Bread Cherry Bars	Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Pasta Salad Baked Beans Fresh Fruit	Chicken Alfredo Whole Wheat Noodles Winter Blend Vegetables Fruit Cocktail Pumpkin Pie Squares w/ Topping
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Tater Tot Hotdish Steamed Broccoli Pears Cookie Whole Wheat Dinner Roll				