

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Lunch</u> 10/5 Beef Stroganoff over Buttered Noodles Carrots Cranberry Juice <u>Fruit Cup</u></p> <p><i>Dinner</i> <i>Mini Pancakes</i> <i>Peanut Butter</i> <i>Chocolate Chip Cookie</i></p>	<p><u>Lunch</u> 10/6 Halupki w/ Tomato Sauce OR Herb Chicken Thigh w/ Gravy Mashed Potatoes w/ Brown Gravy Broccoli Apple Juice <u>Strawberry Mousse</u></p> <p><i>Dinner</i> <i>Tuna Salad Sandwich</i> <i>Provolone Cheese</i> <i>Diced Peaches</i></p>	<p><u>Lunch</u> 10/7 Breaded Fish OR Hamburger w/ Grilled Onions Baked Beans ½ Baked Potato Orange Juice <u>Diet Chocolate Pudding</u></p> <p><i>Dinner</i> <i>Egg Salad Sandwich</i> <i>LF Cottage Cheese</i> <i>Pineapple Tidbits</i></p>	<p><u>Lunch</u> 10/8 Penne Pasta w/Meatballs Spinach Grape Juice <u>Applesauce Muffin</u></p> <p><i>Dinner</i> <i>American Cheese Sandwich</i> <i>Pickled Beet Salad</i> <i>Mandarin Oranges</i></p>	<p><u>Lunch</u> 10/9 Broiled Fish w/ Lemon OR Swiss Steak Buttered Noodles Peas Pineapple Juice <u>Animal Crackers</u></p> <p><i>Dinner</i> <i>Shaved Ham Sandwich</i> <i>Three Bean Salad</i> <i>Diet Fruited Gelatin</i></p>
<p><u>Lunch</u> 10/12 Meatballs over Rotini w/ Mozzarella Cheese & Tomato Sc. Wax Beans w/ Parsley Cranberry Juice <u>Snickerdoodle Cookie</u></p> <p><i>Dinner</i> <i>Breakfast Pizza</i> <i>LF Yogurt</i> <i>Applesauce</i></p>	<p><u>Lunch</u> 10/13 Macaroni & Cheese Italian Green Beans Stewed Tomatoes Orange Juice <u>Banana Cake</u></p> <p><i>Dinner</i> <i>Chicken Salad Sandwich</i> <i>Three Bean Salad</i> <i>Fruit Cocktail</i></p>	<p><u>Lunch</u> 10/14 Herb Rubbed Pollack OR Herb Chicken Thigh w/ Gravy Roasted Potatoes Carrots <u>Cinnamon Apple Slices</u></p> <p><i>Dinner</i> <i>Shaved Ham Sandwich</i> <i>Ambrosia</i> <i>Diet Gelatin</i></p>	<p><u>Lunch</u> 10/15 Chicken Thigh w/ BBQ Sauce Potato Puffs Corn Pineapple Juice <u>Double Chocolate Cookie</u></p> <p><i>Dinner</i> <i>Mini Pancakes</i> <i>Macaroni Salad</i> <i>Diced Peaches</i></p>	<p><u>Lunch</u> 10/16 Lemon Pepper Pollack OR Chinese Pepper Steak w/ Gravy Mashed Potatoes Sonoma Blend Vegetables Apple Juice <u>Mandarin Oranges</u></p> <p><i>Dinner</i> <i>Shaved Turkey Sandwich</i> <i>LF Cottage Cheese</i> <i>Animal Crackers</i></p>

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<p>Lunch 10/19 Bacon Cheddar Omelet O'Brien Breakfast Potatoes Broccoli Cranberry Juice <u>Fruit Cup</u></p> <p>Dinner <i>PB & Jelly Sandwich</i> <i>Three Bean Salad</i> <i>Gelatin</i></p>	<p>Lunch 10/20 Hamburger Patty w/ Grilled Onions Potato Puffs Corn Orange Juice <u>Chocolate Chip Cookie</u></p> <p>Dinner <i>Chicken Salad</i> <i>LF Cottage Cheese</i> <i>Diced Peaches</i></p>	<p>Lunch 10/21 Roast Turkey w/ Gravy Apple Bread Stuffing Winter Squash Apple Juice <u>Pumpkin Crisp</u></p> <p>Dinner <i>Mini Pancakes</i> <i>Garbanzo Bean Salad</i> <i>Diced Pears</i></p>	<p>Lunch 10/22 Liver w/ Onions OR Chicken Thigh w/ Honey Mustard Sauce Mashed Potatoes Peas Grape Juice <u>Pineapple Tidbits</u></p> <p>Dinner <i>Egg Salad Sandwich</i> <i>Swiss Cheese</i> <i>LF Yogurt</i></p>	<p>Lunch 10/23 Broiled Fish w/ Lemon OR Meatloaf w/ Gravy Scalloped Potatoes Green Beans w/ Mushrooms Pineapple Juice <u>Lemon Poppyseed Muffin</u></p> <p>Dinner <i>Shaved Ham Sandwich</i> <i>Black Bean Salad</i> <i>Mandarin Oranges</i></p>
<p>Lunch 10/26 Chicken a la King Over a Biscuit Broccoli Florets Pineapple Juice <u>Cinnamon Apple Slices</u></p> <p>Dinner <i>American Cheese Sandwich</i> <i>Peanut Butter</i> <i>LF Yogurt</i></p>	<p>Lunch 10/27 Meat Lasagna Bake Spinach Apple Juice <u>Gelatin</u></p> <p>Dinner <i>Egg Salad Sandwich</i> <i>Tossed Salad</i> <i>Pineapple Tidbits</i></p>	<p>Lunch 10/28 Halupki w/ Tomato Sauce OR Kielbasa w/ Onions Mashed Potatoes Peas & Carrots Grape Juice <u>Banana</u></p> <p>Dinner <i>Shaved Turkey Sandwich</i> <i>LF Cottage Cheese</i> <i>Fruit cup</i></p>	<p>Lunch 10/29 Herb Chicken Thigh w/ Gravy Brown Rice Pilaf Sonoma Blend Vegetables Cranberry Juice <u>Vanilla Pudding</u></p> <p>Dinner <i>Tuna Salad Sandwich</i> <i>Black Bean Salad</i> <i>Mandarin Oranges</i></p>	<p>Lunch 10/30 Citrus Rubbed Pollack OR Beef Stroganoff both over Seasoned Couscous Carrots Orange Juice <u>Lorna Doones</u></p> <p>Dinner <i>Chicken Salad Sandwich</i> <i>Three Bean Salad</i> <i>Diced Pears</i></p>

Meals on Wheels Offices:

Binghamton – 778-6205

Chenango Bridge – 201-5944

Conklin/Kirkwood – 343-4396

Deposit – 467-3953

Harpursville/Windsor – 693-1566

Whitney Point – 692-2653

Menu subject to change without notice.

Milk and bread are sent weekly for you to consume throughout the week with your meals.