




Mid-Columbia Meals on Wheels

A program of Senior Life Resources Northwest

www.seniorliferesources.org
 *- equals carbohydrate count
CONNELL

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Oatmeal Cookie *90	3 Sweet & Sour Pork Fluffy Rice Oriental Veggies Dinner Roll Spiced Apples *100	4 <u>National Taco Day</u> Beef Tacos Spanish Rice Refried Beans Salsa & Sour Cream Apricots *109	5 Tuna Noodle Casserole Carrots Lyonnaise Tossed Salad w/ Dressing Dinner Roll Blueberry Crisp *85	6 Rosemary Chicken Mushroom Gravy Herbed Potatoes Green Beans Peaches *49
9  Closed for All Staff Training Day	10 Baked Ziti Breadstick Tossed Salad w/ Dressing Broccoli Sorbet *97	11 Chicken & Rice Casserole Glazed Carrots Dinner Roll Chocolate Cake *114	12 Meatloaf Mashed Potatoes w/ Gravy Mixed Veggies Tossed Salad w/ Dressing Ice Cream *82	13 <u>Seahawk Blue Friday</u> Pulled Pork Sandwich Cole Slaw Baked Beans Green Beans Blue Poke Cake *143
16 Harvest Apple Pork Chop Rice Pilaf Green Beans Dinner Roll Pineapple *129	17 Chicken Fettucine Alfredo Breadstick Mixed Veggies Tossed Salad w/ Dressing Brownie *120	18 Baked Cod w/ Dill Sauce Herbed Potatoes Brussel Sprouts Carrot Raisin Salad Blueberry Oat Bar *88	19 Chicken & White Bean Chili Seasoned Peas Cornbread Yogurt & Berries *104	20 <u>Birthday Day</u> Roast Beef w/ Gravy Mashed potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream *89
23 Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Peaches *85	24 Chicken Enchilada Casserole Spanish Rice Refried Beans Mexican Slaw Carrot Cake *133	25 Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Dinner Roll Cranberry Oat Bar *85	26 <u>National Pumpkin Day</u> Beef Stew Biscuit Seasoned Green Beans Pumpkin Bar *89	27 Smothered Pork Chops Mashed Potatoes w/ Gravy Mixed Veggies Dinner Roll Spiced Apples *110