

# OCTOBER 2021

(Meals are subject to change)

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
<p><b>Milk is included in all meals</b></p> <p><b>Meal Components</b></p> <ul style="list-style-type: none"> <li>• <b>3 oz. serving meat /protein</b></li> <li>• <b>1 1/2 cups vegetable and/or fruit</b></li> <li>• <b>2 servings grain</b></li> <li>• <b>8oz low fat milk</b></li> </ul> <p><b>Guests/Private Pay \$5.00</b></p> <p><b><u>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</u></b></p>					<p>1 Hamburger Patty Mixed Vegetables Peas WG Bun Hot Cin. Apples</p>	<p><b>Tremont</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p>
	<p>4 Hot Dog Baked Beans Lima Beans WG Bun Orange</p>	<p>5 Lemon Chicken Brussel Sprouts Mixed Vegetables WG Roll Peaches</p>	<p>6 Egg &amp; Cheese Omelet French Toast Spinach Stewed Tomatoes Applesauce</p>	<p>7 Beef Stroganoff WG Noodles Green Beans Cauliflower Pears</p>	<p>8 Pulled Pork Broccoli Corn WG Bun Pineapple</p>	
	<p>11 Sloppy joe Tater Tots Green Beans WG Bun Apple</p>	<p>12 Chicken Parmesan Corn Mixed Vegetables WG Roll Pears</p>	<p>13 Sausage Patty English Muffin Hominy Stewed tomatoes Mandarin Oranges</p>	<p>14 B.B.Q. Chicken Broccoli Cauliflower WG Roll Peaches</p>	<p>15 Fish Patty Peas Carrots WG Bun Tropical Fruit</p>	
	<p>18 Pork Riblet Brussel Sprouts Beets WG Bun Orange</p>	<p>19 Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Tropical Fruit</p>	<p>20 Fish Nuggets Peas Carrots Pineapple</p>	<p>21 Beef Tortellini Alfredo Sauce Mixed vegetables Broccoli Peaches</p>	<p>22 Chicken Nuggets Mashed Potatoes/Gravy Green beans Hot Cin. Apples</p>	
	<p>25 Chicken Patty Lima Beans Carrots WG Bun Apple</p>	<p>26 Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Pears</p>	<p>27 Chicken &amp; Noodles Green beans Cauliflower Pineapple</p>	<p>28 B.B.Q. Meatball Mixed Vegetables Broccoli WG Roll Peaches</p>	<p>29 Pork Fritter Sweet Potatoes Peas WG Bun Sliced Apples</p>	