

Neighborhood House 309-674-1131

# OCTOBER 2022

(Meals are subject to change)

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<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>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</b></p>	<p>3 Hamburger Patty Green Beans Beets WG Bun Orange</p>	<p>4 Lemon Chicken Broccoli Cauliflower WG Roll Pineapple</p>	<p>5 Beef Hot Dog Baked beans Corn WG Bun Mandarin Oranges</p>	<p>6 Fish Patty Peas Carrots WG Bun Sliced Apples</p>	<p>7 Chicken Tenders Mashed Potatoes/Gravy Mixed Vegetables Banana</p>	<p><b>Tremont</b></p> <p><b>Hopedale</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p> <p><b>*** Cold Meal will Be delivered</b></p>
	<p>10 Pulled Pork Sweet Potatoes Corn WG Bun Apple</p>	<p>11 Chicken Parmesan Mixed Vegetables Carrots WG Roll Mandarin oranges</p>	<p>12 Egg Omelet French Toast Stewed Tomato Peas Applesauce</p>	<p>13 Chicken &amp; Gravy WG Noodles Green Beans Beets Pineapple</p>	<p>14 Sloppy Joe Cauliflower Broccoli WG Bun Hot Cin Apples</p>	
	<p>17 Pork Riblet Peas Beets WG Bun Orange</p>	<p>18 B.B.Q. Chicken Broccoli Corn WG Roll Pineapple</p>	<p>19 Meatball Marinara Cauliflower Brussel Sprouts WG Bun Peaches</p>	<p>20 Chicken Nugget Green beans Carrots Mandarin Oranges</p>	<p>21 Beef &amp; Gravy WG Noodles Mixed Vegetables Bananas</p>	
	<p>24 Pork tenderloin Sweet Potatoes Green Beans WG Bun Apple</p>	<p>25 Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Pineapple</p>	<p>26 B.B. Q. Meatballs Mixed Vegetables Cauliflower WG Bun Mandarin Oranges</p>	<p>27 Sausage Patty English Muffin Stewed Tomato Broccoli Applesauce</p>	<p>28 Chicken Patty Peas Beets WG Bun Hot Cin. Apples</p>	
	<p>31 Beef Tenderloin Green beans Carrots WG Bun Orange</p>					