

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork in Gravy Potatoes Brussels Sprouts Peaches Cottage Cheese	Fish and Chips Coleslaw Garlic Bread Mixed Berry Cup	Cook's Choice BBQ Chicken Legs Succatash Pea Salad Mandarin Oranges Ice Cream	Minestone Soup 1/2 Tuna Salad Sandwich Carrots Applesauce Crackers	Chicken & Noodles over Mashed Potatoes Green Beans Apple Cookie
10	11	12	13	14
Salmon Loaf Creamed Peas & Potatoes Carrots Pears Roll	Chili Dog Sweet Potato Fries Coleslaw Fruit Cocktail Dessert	Oven Fried Chicken Mashed Potatoes & Gravy Spinach Cinnamon Peaches Cookie	Turkey Burger Lettuce & Onions Asparagus Grapes Frosted Cake	Ham & Bean Soup Stewed Tomatoes Tropical Fruit Fruited Yogurt Corn Bread
17	18	19	20	21
Swedish Meatballs over Buttered Noodles Mixed Vegetables Fruit Cocktail Choc Pudding w/Topping	Scalloped Potatoes & Ham Green Beans Applesauce in Gelatin Brownie	Chicken Tetrazzini Broccoli Pineapple Tidbits Strawberry Shortcake	BBQ Pork Potato Salad Kidney Bean Salad Orange Cookie	Lemon Fish Rice Pilaf Capri Vegetables Fruited Cabbage Salad Butterscotch Pudding
24	25	26	27	28
Pizza Casserole Lettuce Salad Mixed Berries Yogurt Garlic Bread	Crispy Fish Whipped Potatoes Brussels Sprouts Fruit Cocktail Blueberry Cobbler	Potato Bacon Soup 1/2 Ham Salad Sandwich Spinach Salad Crackers Pears	Turkey in Gravy Potatoes Broccoli Peaches Cookie	HALLOWEEN PARTY Bubbling Cauldron of Chili Witches' Fingers Children of the Corn (Bread) Eyeball Grapes Halloween Poke Cake
31		MEALS ARE FUNDED BY:	TO CANCEL YOUR MEAL, CALL 641-792-7102.	
Cook's Choice		*JASPER COUNTY	MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME OR COMMUNICATED WITH US.	
Beef & Noodles		*AGING RESOURCES		
Corn		*CLIENT DONATIONS *MEMORIALS		
Tomatoes		*ELDERLY WAIVER/MEDICAID		
Banana		*EFSP FUNDS FROM UNITED WAY		
Dessert				

*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances

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