



# Milwaukee County Senior Meal Program

## Home Delivered Meals

### October 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10/1/2009	10/2/2009
<p><i>SUGGESTED DONATION OF \$2.00 PER MEAL</i></p> 			Turkey A la King with Peas and Mushrooms Blended Rice Honey Glazed Carrots Tossed Salad and Dressing Buttermilk Biscuit Bartlett Pear	Baked Salmon with Dill Sauce Baked Potato Broccoli and Cauliflower Blend Multi Grain Bread Sour cream Tapioca pudding
10/5/2009	10/6/2009	10/7/2009	10/8/2009	10/9/2009
Beef Tips with mushrooms Parslied Noodles Traditional Blended Vegetables Marble Rye Bread Chilled Peaches	Southern Style Chicken Leg/Thigh Scalloped Potatoes Brussel Sprouts Split Top Dinner Roll Pumpkin Mousse	Apricot Glazed Pork Loin Seasoned Sweet Potatoes Whole Green Beans Multi Grain Bread Chocolate Iced Brownie	Meatloaf with gravy Garlic Mashed Potatoes Country Blend Vegetables Mixed Greens with french dressing Wheat Dinner Roll Cantaloupe	<b>Site Supervisor Training</b> Open sites Elks, UCC, Franklin St. Pauls and Fernwood BBQ Riblette Sandwich Dill Potato Salad Whole Kernel Corn Hoagie Roll Chocolate Chip Cookie
10/12/2009	10/13/2009	10/14/2009	10/15/2009	10/16/2009
Stuffed Green Pepper in tomato sauce Mashed Potatoes Seasoned Wax Beans Wheat Bread Mixed Chunky Fruit Cup	Smoked Polish Sausage on bun Baked Beans Calico Coleslaw Fresh Orange	Baked Ham Au Gratin Potatoes Peas and Carrots Rye Bread Pineapple Tidbits	Beef Wellington Seasoned Whipped Potatoes Baby Carrots Multi Grain Bread Lite Brown Gravy Al la Carte Rainbow Sherbet	Baked Fish with Cilantro and Lime Sauce Red Beans and rice Broccoli Cuts Mixed Salad with cucumber, tomato and dressing Whole Grain Bread Banana
10/29/2009	10/20/2009	10/21/2009	10/22/2009	10/23/2009
Roast Turkey with poultry gravy * Bread Dressing Green Beans Dinner roll Cranberry Sauce Fresh Apple	<b>October Fest</b> Bratwurst on bun Bavarian Kraut German Potato Salad Peas and Carrots German Chocolate Cake	Beef Sauerbraten Wide Egg Noodles Carrots Cranberry Red Cabbage Slaw Rye Roll Pumpkin Pie	Open Face Hot Pork Sandwich with gravy Mashed Potatoes California Blend Vegetables Wheat Bread Warm Cinnamon Apple Slices	Baked Chicken Leg/ Thigh with orange sauce Harvest Vegetable Pilaf Sugar Snap Beans Corn Bread Fresh Pear
10/26/2009	10/27/2009	10/28/2009	10/29/2009	10/30/2009
Salisbury Steak with mushroom gravy Mashed Potatoes Harvard Beets Seven Grain Bread Sliced Peaches	<b>Nutrition Council Meeting at Wilson Park</b> Shredded BBQ Turkey on Kaiser roll Baby Bakers Sour cream Wisconsin Blend Vegetables Apple Crisp	Baked Fish with lemon sauce Blended Wild Rice Crinkle Carrots Spinach Salad with ranch dressing Rye bread Ambrosia Fruit Fluff	Pineapple Orange Juice Chicken Cordon Bleu Penne Pasta with garlic sauce Italian Blend Vegetables Vienna bread Chinesse almond cookie	<b>Halloween</b> Ghoolish Goulash Monster Smashed Potatoes Green Cats Eyes (peas) Candy Corn Jello (Orange Jello) Ghostly White Roll Mummy Slabs Peanut butter (Rice Krispie Treats)