



<p>Monday, September 28</p> <p><b>Meals on Wheels</b>                  Dethlefs Community Center                  320.796.5208                  McKale's Catering of New London</p>		<p>Tuesday, September 29</p> 		<p>Wednesday, September 30</p>		<p>Thursday, October 1</p> <p>3 oz Glazed Turkey/Gravy                  1/2 c Mashed Potato/Gravy                  1/2 Broccoli Florets                  1/2c Bread Dressing                  Chocolate Chip Cookie                  8 oz. Low Fat Milk</p>		<p>Friday, October 2</p>	
<p>Monday, October 5</p> <p>3 oz Crispy Baked Chicken                  1/2c Mashed Potatoes/Gravy                  1/2c Peach Halves                  Breadstick/Margarine                  Cookie                  8 oz. Low Fat Milk</p>		<p>Tuesday, October 6</p> <p>Beef Taco Salad w/1 oz cheese                  Tomatoes/Lettuce/Kidney Beans                  1 oz Corn Chips/Sour Cream                  1/2c.Spanish Rice                  2x2 Emerald Pear Gelatin                  8 oz. Low Fat Milk</p>		<p>Wednesday, October 7</p> <p>3 oz Liver or Pepper Steak                  1/2c Boiled New Potatoes                  Glazed Baby Carrots                  WW Bread/Margarine                  1/2c Fruit Cocktail                  8 oz. Low Fat Milk</p>		<p>Thursday, October 8</p> <p>Chef's Choice                  1/2 c Veg                  1/2c Veg or Fruit                  Dinner Roll/Margarine                  Cookie                  8 oz. Low Fat Milk</p>		<p>Friday, October 9</p>	
<p>Monday, October 12</p> <p>8 oz Scalloped Potato &amp; Ham                  1/2c Peas and Pearl Onions                  1/2c. Cinnamon Apples                  WW Bread/Margarine                  8 oz. Low Fat Milk</p>		<p>Tuesday, October 13</p> <p>3 oz Pork Loin/Gravy                  1/2c Mashed Potato                  1/2c Cream Corn                  WW Bread/Margarine                  2x3 Brownie                  8 oz. Low Fat Milk</p>		<p>Wednesday, October 14</p> <p>6 oz Chicken NoodleSoup                  3 oz Egg Salad on Bun                  1/2c.Pear Halves                  Crackers/Margarine                  Apple Crisp w/whip top                  8 oz. Low Fat Milk</p>		<p>Thursday, October 15</p> <p>3 oz Baked Herb Fish                  1/2c Potato Wedges                  1/2c Country Blend Veg                  1 eachDinner Roll/Margarine                  1/2c Orange Sherbet                  8 oz. Low Fat Milk</p>		<p>Friday, October 16</p>	
<p>Monday, October 19</p> <p>3 oz Meatloaf                  Baked Potato/Sr Cream                  1/2 c Baked Squash                  WW Bread/Margarine                  1/2c Applesauce                  8 oz. Low Fat Milk</p>		<p>Tuesday, October 20</p> <p>3 oz Turkey Burger                  1/2 c. Chessy Hashbrown                  1/2c. Corn                  WW Bun                  2x3 Raspberry Dream Cake                  8 oz. Low Fat Milk</p>		<p>Wednesday, October 21</p> <p>6 oz Chicken &amp; Noodles                  1/2c Peas &amp; Carrots                  1/2c Fresh Fruit                  Dinner Roll/Margarine                  1/2c Ice Cream                  8 oz. Low Fat Milk</p>		<p>Thursday, October 22</p> <p>3 oz Pot Roast/Gravy                  1/2c Mashed Potatoes                  1/2c Green Bean Blend                  Breadstick                  1/2c Pudding                  8 oz. Low Fat Milk</p>		<p>Friday, October 23</p>	
<p>Monday, October 26</p> <p>3 oz Sloppy Joe Filling                  1/2c Potato Salad                  1/2c Baked Beans                  WW Bun                  1/2c Pineapple Chunks                  8 oz. Low Fat Milk</p>		<p>Tuesday, October 27</p> <p>3 oz Ginger Citrus Chicken                  1/2c Brown Rice                  1/2c Oriental Vegetable                  1/2c Pear Halves                  Fruit Crisp                  8 oz. Low Fat Milk</p>		<p>Wednesday, October 28</p> <p>6 oz Lasagna                  1/2 Creamy Cukes                  1/2 c Mandarin Oranges                  Bread/Margarine                  Jello                  8 oz. Low Fat Milk</p>		<p>Thursday, October 29</p> <p>3 oz Glazed Turkey/Gravy                  1/2c Mashed Potatoes                  1/2c Broccoli Florets                  1/2c Bread Dressing                  Cookie                  8 oz. Low Fat Milk</p>		<p>Friday, October 30</p> <p><b>Meals on Wheels</b>                  Dethlefs Community Center                  320.796.5208</p>  <p>McKale's Catering of New London</p>	

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, and other adult contributions. Approved by: Vanessa Berg MS RD LD CDE. Posted menu is regular diet. Diabetic, sodium, and fat restricted diets available upon request. Regular menu provides average of 700-800 calories.