

*Meals on Wheels Roseburg "The Friendly Kitchen"
October-2018*

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti Capri Vegetables	2 Chicken Rainbow Rice Baked or steamed squash	3 Lentil Soup Egg Salad Sandwich	4 Pork Sir Fry Brown Rice	5 Chicken Alfredo Peas/Red cabbage Carrots
8 Chili Con Carne	9 Turkey Tetrazzini Waldorf Salad	10 Fish Veracruz Sautéed Greens Tabouleh	11 Pork Meatloaf Ball w/Tomato Sauce Potato Salad	12 Swiss Chard Frittata Southern Stewed Tomatoes
15 Bratwurst Sauerkraut Scalloped Potatoes	16 Baked Chicken Stew English Pea Salad	17 BBQ Pulled Pork Delicata Smiles	18 Chic./Bean Enchilada Fruity Slaw	19 Roast Beef w/Gravy Mashed Potatoes Brussels Sprouts
22 BBQ Chicken Dilled Red Potatoes	23 Porcupine Sliders Baked Beans Cole Slaw	24 Braised Pork Creamed Spinach Macaroni Salad	25 Vegetable Pistou Soup Tuna Salad Sandwich	26 Salisbury Steak Creamed corn Lima Beans
29 Chicken Cacciatore Garden Blend Vegies	30 Sweet Sour Pork Rice Asian Cabbage Slaw	31 Cheesy Noodle Beef Roasted Squash Happy Halloween!	A donation of \$3.25 per meal is greatly appreciated for those who can contribute. Menu subject to change without notice 1771 W. Harvard Ave. Roseburg (541)673-5929	