




SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	3 - Philly Steak + Cheese Sandwich - Tater Tots - Broccoli - Dessert	4 - Créole Pork Loin Over Rice - Mixed Vegetables - Dessert	5 - Spaghetti & Meatballs - Italian Vegetables - Dessert	6 - Chicken Enchilada - Spiced Apples - Dessert	7 - Hot Dogs - Sauerkraut - Corn - Dessert	8
9	10 - Italian Chicken - Parmesan Noodles - Carrots - Dessert	11 - Oriental Pork - Wild Rice - Mediterranean Veg. - Dessert	12 - Meatloaf - Mashed Potatoes & Gravy - Green Beans - Dessert	13 - White Chicken Chili - Tuscan Vegetables - Dessert	14 - Sausage Au Gratin Casserole - Mixed Veg. - Dessert	15
16	17 - Créole Chicken Thighs - Black Beans - Carrots - Dessert	18 - Cider Baked Country Ham - Sweet Potatoes - Cauliflower - Dessert	19 - Beef Enchilada - Peaches - Dessert	20 - Chicken Milano - Bowtie Pasta & Sauce - Green Beans - Dessert	21 - Pork Cabbage Casserole - Hash Browns - Dessert	22
23	24 - Chicken Tot Pie - California Veg. - Dessert	25 - Pork Chops With Apples & Stuffing - Peas & Carrots - Dessert	26 - Hot Beef Sandwich - Mashed Potatoes & Gravy - Green Beans - Dessert	27 - Salisbury Steak - Mashed Potatoes & Gravy - Stewed Tomatoes - Dessert	28 - Spanish Noodle Casserole - California Veg. - Dessert	29
30	31 - Frito Pie - Carrots - Dessert				October Red-	

October 2022



Meals On Wheels

All meals are made in Independence
served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8 – noon.