



# October 2024

## Meals On Wheels Independence

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

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change		1 - Sliced Ham & Spiced Apples - Au Gratin Potatoes - Vegetables	2 - BBQ Chicken - Baked Beans - Vegetables	3 - Spaghetti & Meatballs - Vegetables	4 - Chicken & Noodles - Vegetables	5
6	7 - Chicken Alfredo - Vegetables	8 - Goulash - Vegetables	9 - Roasted Pork - Mashed Potatoes & Gravy - Vegetables	10 - Oven Baked Chicken - Stuffing - Vegetables	11 - Scalloped Potato Casserole w/ Sausage - Vegetables	12
13	14 - Lemon Pepper Fish - Mac & Cheese - Vegetables	15 - Parmesan Chicken - Scalloped Potatoes - Vegetables	16 - Meatloaf - Mashed Potatoes & Gravy - Vegetables	17 - BBQ Pork - Ranch Potatoes - Vegetables	18 - Beefy Mac & Cheese - Vegetables	19
20	21 - Salisbury Steak - Mashed Potatoes & Gravy - Vegetables	22 - Pork Bake - Stuffing - Vegetables	23 - Chicken & Rice Casserole - Vegetables	24 - Roast Beef Sandwich - Mashed Potatoes & Gravy - Vegetables	25 - Ham Salad - Chips & Pickle - Fruit	26
27	28 - Italian Chicken - Wild Rice - Vegetables	29 - Chili Dogs - Vegetables	30 - Biscuits & Gravy - Sausage Patties - Spiced Apples	31 - Beef Enchiladas - Spanish Rice		Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE