MEALS ON WHEELS

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY Chicken Noodle Soup Poultry Sandwich Mashed Potatoes Gravy Carrots *Sugar Free Pumpkin Sheet Cake* *Alternate(s)* *1) Chicken Fingers* *3) Roasted Potatoes* *2) Plain Poultry with Gravy*	**MONDAY** Pea Soup Glazed Meat Loaf Scalloped Potatoes Peas *Sugar Free Carrot Cake* *Alternative(s)* *1) Chicken Fingers* *2) Roasted Potatoes*	**MONDAY** Loaded Potato Soup Chicken Stew (Dumpling Topping) Herbed Rice Creamed Corn *Chocolate Chip Oatmeal Cookies* *Diabetic - Molasses Cookies* *Alternative(s)* *1) Chicken Fingers*	**MONDAY** Beet Soup Pork Chops and Applesauce Scalloped Potato Vegetable Medley *Apple Cinnamon Swirl Cake* *Diabetics - Cinnamon Applesauce* *Alternative(s)* *1) Chicken Fingers* *2) Roasted Potatoes*
WEDNESDAY Cream of Mushroom Soup Spaghetti with Meatsauce Dinner Roll Coleslaw *Chocolate Banana Snow (for all)* *Alternative(s)* *1) Chicken Fingers*	**WEDNESDAY** Tomato Rice Soup Mayo/Parm/Chicken Breast Roasted Potatoes Carrots *Apple Crisp* *Diabetic -Baked Apples* *Alternative(s)* *1) Chicken Fingers* *2) Unseasoned Chicken Breast*	**WEDNESDAY** Onion Soup with Croutons Cottage Pie Green Beans Dinner Rolls *Cherry Cheesecake* *Diabetic - Cheesecake* *Alternative(s)* *1) Chicken Fingers* *2) Cottage Pie with roasted potato*	**WEDNESDAY** Brocolli Cheddar Soup Lasagna Dinner Roll Coleslaw *Pineapple Dump Cake* *Diabetic - Fruit* *Alternative(s)* *1) Chicken Fingers*
FRIDAY Pumpkin and Split Pea Sausage Roasted Macaroni and Cheese Brocolli *Bread Pudding* *Diabetic - Whipped Pudding* *Alternative(s)* *1) Chicken Fingers*	**FRIDAY** Chicken Rice Soup Chili Cheese Herb Biscuit Yellow Waxed Beans *Raisin Date Squares* *Diabetics - Oatmeal Raisin Cookies* *Alternative(s)* *1) Chicken Fingers*	**FRIDAY** White Bean and Sausage Soup Sliced Ham with Glaze Mashed Potatoes Gravy Peas *Diabetic - Chocolate Pudding* *Chocolate Mayo Cake* *Alternative(s)* *1) Chicken Fingers* *2) Roasted Potatoes*	**FRIDAY** Carrot Basil Soup Battered Haddock Roasted Potatoes Coleslaw *Lemon Snow* *Diabetic - Fruit* *Alternative(s)* *1) Chicken Fingers*

Effective October 10, 2022 (Revised November 17, 2022)