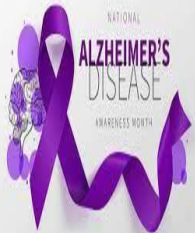




(816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swiss Steak w/Tomato Mashed Potatoes Peas & Carrots Apple Slices WG Multigrain Bread Tapioca Pudding	4 Pork Stir Fry Rice Cold Pickled Beets Shortbread Cookies Mandarin Oranges WG Bread Soy Sauce	5 Beef stew w/vegees Tossed Salad Banana Corn Muffin Oatmeal Raisin Cookie Ranch Dressing	6 Fish(Breaded) Country Blend Coleslaw w vin./drsg Tropical Fruit Mix Mac & Cheese Tartar Suace	7 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce
10 Tuna Noodle Casserole Cauliflower/Peas Cucumber/Onion Sal. Banana WG Wheat Bread	11 CLOSED 	12 Meatloaf Brown Gravy Fiesta vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	13 Egg Omelet Turkey Sausage Links Cheesy Grits Pico de gallo Applesauce Tortilla (WWH)	14 Beef-mac/casserole Green Beans Banana Vanilla Wafers Banana Pudding Multigrain bread
17 Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Dinner Roll	18 Chicken Fett. Alfredo Broccoli Salad/Tom/Carrots Orange Italian Bread Salad Dressing Italian	19 Fish Spinach Sweet Potatoes Tropical Fruit Mix WG White Bread Oatmeal/Raisin Cookie Tartar Sauce	20 Chili/Beans Shredded Cheddar Salad/Tom/Carrots Peach Cobbler Crackers WGWH French Dressing	21 Chicken Oven Fried Gravy Mashed Potatoes Green Beans White Cake WG Dinner Roll Orange Sherbert
24 Sloppy Joe's Potato Salad Carrots Apple Slices WG HB Bun	25 Chicken Breast Broccoli Potatoes O'Brien Pineapple Man-or-Mix Shortbread cookies Multigrain bread	26 Turkey Mashed Potatoes Gravy(Turkey) Green Bean Casserole Pumpkin Pie/Topping Cranberry Sauce Wheat Dinner Roll	27 CLOSED 	28 CLOSED 
 National Family Caregivers Month NOVEMBER	 NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH	 We are Thankful for YOU!	 Goodbye October Hello November	Margarine & 1% Milk served w/all meals 

Menu is subject to change; substitutions may be made if approved by dietician.