

# October 2018

## Smoky Mountain Meals on Wheels

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1 Jumbalaya</i> <i>Stewed tomato</i> <i>peas</i> <i>Ww bread</i> <i>fruit</i>	<i>2 Pork Loin</i> <i>Sweet Potatoes</i> <i>Green beans</i> <i>Cranberry sauce</i> <i>Ww roll</i>	<i>3 Peanut Butter &amp; Jelly</i> <i>Cut veggies</i> <i>Cut fruit</i> <i>Chips/juice</i>	<i>4 Beef Stew</i> <i>Broccoli</i> <i>Roll</i> <i>Juice/pudding</i>	5  <b>Substitutions on the menu may be made to best utilize our donations.</b>
6	<i>7* Tuna Noodle</i> <i>Peaches</i> <i>Cali blend</i> <i>orange</i>	<i>8 *French toast w blueberries/sausage</i> <i>Stewed tomato</i> <i>Banana/juice</i>	<i>9 *chicken salad w/ tomato wedges</i> <i>Cucumber slices</i> <i>Fruit salad</i> <i>roll</i>	<i>10 * Cabbage &amp; Beef</i> <i>Peas</i> <i>Carrots</i> <i>Bean salad</i> <i>Bread pudding</i>	<i>11 *Pinto Beans</i> <i>Greens</i> <i>Carrots</i> <i>Cornbread</i> <i>orange</i>	12
13	<i>14 * Ham Dinner</i> <i>Sweet Potatoes</i> <i>Corn</i> <i>Fruit</i> <i>roll</i>	<i>15 *Sicilian Chx</i> <i>Cauliflower</i> <i>Mashed</i> <i>Mixed Fruit</i> <i>bread</i>	<i>16 chili Mac</i> <i>Cole slaw</i> <i>Blueberry cobbler</i> <i>Apple juice</i>	<i>17 Chicken &amp; dumplings</i> <i>Carrots</i> <i>Green beans</i> <i>Peaches/roll</i>	<i>18 Tator tot casserole w/ beef</i> <i>Pears</i> <i>Roll</i> <i>Peas</i> <i>roll</i>	19
20	<i>21 Beanies &amp; weenies</i> <i>Carrots</i> <i>Banana</i> <i>Ww bread</i>	<i>22 *Spaghetti</i> <i>Green beans</i> <i>Cole slaw</i> <i>Peach cobbler</i> <i>roll</i>	<i>23 * Scalloped Potatoes &amp; Ham</i> <i>Cali Blend</i> <i>Pineapple Chunks</i> <i>biscuit</i>	<i>24 Sausage &amp; Noodles</i> <i>Broccoli/ Cauliflower/ roll</i>	<i>25 Chef's Choice</i>	26
27	<i>28 *Hot Dogs</i> <i>French fries</i> <i>Pork &amp; beans</i> <i>Orange</i>	<i>29 Hamburger</i> <i>Steak fries</i> <i>Apple sauce</i> <i>Lettuce/tomato</i>	<i>30 Ham Stew</i> <i>Broccoli</i> <i>Roll</i> <i>Fruit desert</i>	<i>31 Halloween</i> <i>Surprise Lunch</i>	<i>1 Chx Pot Pie</i> <i>Squash</i> <i>Apple cobbler</i> <i>Cole slaw</i>	

