



MEALS on WHEELS
METRO BOISE

October 2024 Menu

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

MON	TUE	WED	THU	FRI
	1 BBQ Cheddar Burger Roasted Potatoes Corn Banana Whole Wheat Bun Milk	2 Sweet & Sour Pork over Brown Rice California Veggies Coleslaw Peaches Whole Wheat Roll / Milk	3 Baked Potato with Chili & Cheese Corn Spiced Peaches 9-Grain Bread Milk	4 Stuffed Chicken with Cheese Sauce Roasted Potatoes Peas & Carrots Applesauce Whole Wheat Roll / Milk
7 Meatball Sandwich Roasted Potato Mix Spring Blend Veggies Peaches Hoagie Roll Milk	8 Beans & Ham Sweet Potatoes Brussels Sprouts Fruit Cup Cornbread Milk	9 Tuna Casserole Stewed Tomatoes Baby Carrots Fresh Fruit 9-Grain Bread Milk	10 BBQ Chicken Wings Baked Beans Corn Pineapple Whole Wheat Roll Milk	11 Salisbury Steak with Brown Gravy Mashed Potatoes Chateau Veggies Applesauce Whole Wheat Roll / Milk
14 Polish Sausage with Sauerkraut Baked Beans Corn & Peppers Fresh Fruit Whole Wheat Bun / Milk	15 Beef Stroganoff over Pasta Cascade Veggies Green Salad Pears French Bread / Milk	16 White Chicken Chili Corn Spiced Apples Cornbread Milk	17 Vegetable Spaghetti Cauliflower Green Salad Snap Peas French Bread Milk	18 Herb Salmon over Rice Pilaf Baby Carrots Green Beans Peaches Whole Wheat Roll / Milk
21 Swedish Meatballs over Rice Peas Green Salad Spiced Apples Whole Wheat Roll Milk	22 Southern Potatoes & Sausage Green Beans Succotash Fresh Apple Biscuit Milk 	23 Potato Corn Chowder Dill Carrots Snap Peas Banana 9-Grain Bread Milk	24 Chicken Burrito Bowl Corn & Peppers Key West Veggies Peaches Tortilla Milk	25 Roast Beef with Gravy Mashed Potatoes Beets Applesauce 9-Grain Bread Milk
28 Scalloped Potatoes with Ham Peas Sunshine Carrots Apples with Granola Whole Wheat Roll Milk	29 Fish Almondine over Rice Peas 3-Bean Salad Pears Whole Wheat Roll Milk	30 Artichoke Spinach Chicken Casserole Italian Veggies Broccoli Fresh Orange French Bread Milk	31 BBQ Rib Patty Cheesy Potatoes Corn Coleslaw Sandwich Roll / Milk Halloween Dessert 	