

**Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.**

October 2025

Allison Goodman RD, LD

**Date:** 9/3/25 Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>WEEK ONE</u></b>			<b>1</b> Veg chili Greens Mashed potatoes Pear Cornbread Milk	<b>2</b> Pulled chicken Mac and cheese Spinach WW bun Pineapple Milk	<b>3</b> Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<b><u>WEEK TWO</u></b>	<b>6</b> Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	<b>7</b> Stuffed peppers Macaroni and cheese Mixed veggies Cherry lemon cup WW roll Milk	<b>8</b> Tortellini w turkey sausage and red pepper sauce Tossed salad w dressing Diced carrots WW bread Orange Milk	<b>9</b> Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato w green onion, cheddar cheese Green beans Tropical fruit Milk	<b>10</b> Chicken picatta Mashed potatoes Spinach Applesauce Biscuit Milk
<b><u>WEEK THREE</u></b>	<b>13</b> Veg quiche Potato w peppers and onions Sauteed kale French toast w syrup Orange Milk	<b>14</b> Salisbury steak Mashed potatoes w green onion, cheddar, bacon Green beans Cornbread Raisins Milk	<b>15</b> Ravioli w meat sauce Tossed salad w dressing Corn WW bread Applesauce Milk	<b>16</b> Chicken salad Carrot cumin soup Coleslaw WW bread (2) Craisins Milk	<b>17</b> Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Naan Milk
<b><u>WEEK FOUR</u></b>	<b>20</b> Chicken burger w lettuce/tom Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	<b>21</b> Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	<b>22</b> BBQ chicken Mac and cheese Greens Cornbread Fruit cocktail Milk	<b>23</b> Tuna salad sandwich Snap pea salad Pumpkin soup Peaches (2) WW bread Milk	<b>24</b> Jambalaya Green beans Peas and carrots Mandarin oranges WW roll Milk
<b><u>WEEK FIVE</u></b>	<b>27</b> Sausage with peppers/onions Roasted potatoes Mixed veggies Hot dog bun Ketchup/mustard Tropical fruit Milk	<b>28</b> Veg lasagna Tossed salad w dressing Corn WW bread Mandarin oranges Milk	<b>29</b> Butter chicken Basmati rice Diced carrots Bok choy Naan Applesauce Milk	<b>30</b> Shephards Pie Corn Tomato/okra salad Biscuit Strawberry kiwi cup Milk	<b>31</b> Roasted turkey w gravy Green beans Mashed potatoes Birthday dessert WW roll Milk