

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
TO ORDER A MEAL OR CANCEL A MEAL, CALL 641-792-7102 DO NOT TEXT THIS NUMBER.	MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *ELDERLY WAIVER/MEDICAID *FUNDRAISERS *MEMORIALS	1 Minestrone Soup 1/2 Grilled Cheese Sandwich Crackers Fruit Cup	2 Tuna Melt Casserole Mixed Vegetables Apricots Pumpkin Bar	3 Sweet & Sour Chicken Brown Rice Asian Blend Vegetables Banana
6 Cook's Choice Beef Enchilada Beans Mandarin Oranges Brownie	7 Sweet Basil Chicken Au Gratin Potatoes Peas & Pearl Onions Diced Pears Apple Crisp	8 Crispy Baked Fish Hashbrown Bake Brussels Sprouts Banana	9 Breakfast Casserole Carrots Fruit & Yogurt Parfait Muffin	10 Chef's Salad Crackers Grapes Lemon Mousse (Cold Meal)
13 Chili Corn Diced Pears Cinnamon Roll	14 Aloha Chicken Cheddar Mashed Potatoes Brussels Sprouts Pineapple	15 Lasagna Bake Peas Garlic Breadstick Apple	16 Green Pepper Casserole Parslied Cauliflower Roll Banana	17 Swiss Steak with Tomatoes Brown Rice Beets in Orange Sauce Tropical Fruit
20 Scalloped Potatoes & Ham Asparagus Pineapple Dessert	21 French Onion Burger Pasta Bean Salad Peaches Oatmeal Chocolate Chip Cookie	22 White Chicken Chili Carrots Grapes Blueberry Lemon Cake	23 Hot Roast Beef & Gravy over Mashed Potatoes Cascade Blend Vegetables Banana	24 Tuna Casserole Peas Fruit Cocktail Apple Crumb Bar
27 Creamed Chicken over Mashed Potatoes Green Beans Roll Strawberries	28 Herb Baked Fish Garlic Buttered Rice Corn Dinner Roll Banana	29 Chicken Hashbrown Casserole Roasted Brussels Sprouts Peaches	30 Almond Poppy Seed Turkey Salad Sandwich Carrots Black Bean & Corn Salad Chips Orange (Cold Meal)	31  Ghoulash Witches Broomstick (bread) Jack O'Lantern Eyes (carrots) BoooBerries (blueberries) Cookie Halloween Party

Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.