

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *ELDERLY WAIVER/MEDICAID *FUNDRAISERS *MEMORIALS	Meals may be picked up in Newton, Colfax and Monroe if you would prefer not to have them delivered. Call 641-792-7102 to make arrangements.	TO ORDER OR CANCEL A MEAL, CALL 641-792-7102. DO NOT TEXT THIS NUMBER.	1 Tuna Casserole Cabbage, Carrots, & Onion Applesauce Pumpkin Bar	2 Minestrone Soup 1/2 Grilled Cheese Sandwich Fruit Apple Crisp
5 Sweet & Sour Chicken Brown Rice Asian Blend Vegetables Pineapple	6 Pork Chop Au Gratin Potatoes Peas & Pearl Onions Pears	7 Chef's Choice Cheeseburger Carrots Potato Salad Cherries	8 Breakfast Casserole Carrots Fruit & Yogurt Parfait Blueberry Muffin	9 Chef's Salad Crackers Grapes Lemon Mousse ALL COLD MEAL
12 Green Pepper Casserole Parslied Cauliflower Berry Cup Cookie	13 Baked Fish Hashbrown Bake Green Beans Pears Opt. B: Ham & Veggie Omelet	14 Aloha Chicken Cheddar Mashed Potatoes Brussels Sprouts Pineapple	15 Lasagna Bake Peas Garlic Bread Banana	16 Chili Salad Diced Pears Cinnamon Rolls
19 Swiss Steak with Tomatoes Brown Rice Beets in Orange Sauce Dinner Roll Tropical Fruit	20 Scalloped Potatoes & Ham Green Beans Banana	21 French Onion Meatloaf Mashed Potatoes Peaches Fruit Crisp	22 White Chicken Chili Carrots Mango & Pineapple Blueberry Lemon Cake	23 Tuna Melt Peas Fruit Cocktail Apple Crumb Bar
26 Ham & Veggie Omelet Carrots Strawberries Dessert	27 Herb Baked Fish Potatoes Corn Dinner Roll Banana Opt. B: Turkey & Cheese Sandwich	28 Chef's Choice Hotdog Baked Beans Chips Fruit Cup	29 Almond Poppy Seed Turkey Salad Sandwich Carrots Black Bean & Corn Salad w/ Tortilla Chips Orange- ALL COLD MEAL	30 Goulash Broomstick Frog Eye Salad Bewitched Spiced Apple Frankenstein Pudding Cup Halloween Meal

Milk offered with all meals. Whole wheat bread available upon request. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Signature