

ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County



October 2025

Call 919-833-1749 to Cancel

Monday	Tuesday	Wednesday	Thursday	Friday
		10/1	10/2	10/3
REMINDER IF YOU WILL NOT BE HOME	CALL THE DAY BEFORE BY 12PM TO CANCEL YOUR MEAL DELIVERY	Chicken Pot Pie, Ranch, Diced Capri Vegetables, Sourdough Bread, Fresh Fruit	Sausage w/Bun, Green Beans, Carrot Coins, Apple Juice, Mustard Packet, Banana *CONTAINS BEEF*	Beef Ravioli, Brussels Sprouts, Beets, Wheat Bread, Pudding, Orange *CONTAINS BEEF*
10/6	10/7	10/8	10/9	10/10
BBQ Pork Riblet w/ Bun, BBQ Beans, Spinach, Orange *CONTAINS PORK*	Peppered Swiss Steak, Green Beans w/Red Peppers, Mac & Cheese, Wheat Bread, Apple *CONTAINS BEEF*	BBQ Chicken, Mashed Potatoes, Chopped Broccoli, Wheat Roll, Fresh Fruit	Baked Ziti Casserole, Capri Vegetables, Fruit Compote, Italian Bread, Orange *CONTAINS BEEF*	Beef & Cabbage Casserole, Sweet Potatoes, Spinach, Wheat Bread, Banana *CONTAINS BEEF*
10/13	10/14	10/15	10/16	10/17
Jambalaya, Yams & Pineapples, Rice, Dinner Roll, Fresh Fruit *CONTAINS BEEF*	Beef Stew, Cauliflower w/Red Peppers & Onions, Sourdough Bread, Banana, Cranberry Juice *CONTAINS BEEF*	Turkey Burger w/Bun, Mustard Greens, Apple Raisin Compote, Orange	Florentine Alfredo, Zucchini & Onions, Carrots w/Dill, Italian Bread, Orange, Cranberry Juice	Salisbury Steak, Italian Vegetables, Mashed Potatoes, Sourdough Bread, Banana *CONTAINS BEEF*
10/20	10/21	10/22	10/23	10/24
Baked Chicken, Turnip Greens, Organic Sweet Potatoes, Wheat Bread, Fresh Fruit	Beef Chili, Chopped Broccoli, Corn O'Brien, Corn Bread, Pudding, Banana *CONTAINS BEEF*	BBQ Pork, Delmonico Potatoes, Green Beans, Coleslaw, Fresh Fruit, Apple Juice *CONTAINS PORK*	Meat Loaf, Broccoli & Carrots, Succotash, Sourdough Bread, Pineapple Juice, Apple *CONTAINS BEEF*	Beef Stroganoff, Sweet Potatoes, Green Beans w/Red Peppers, Wheat Roll, Orange *CONTAINS BEEF*
10/27	10/28	10/29	10/30	10/31
Brunswick Stew, Mixed Beans, Rice, Fresh Fruit, Wheat Bread *CONTAINS CHICKEN*	Beef Hamburger w/Bun, O'Brien Potatoes, Peas & Carrots, Fresh Fruit	Chicken Pot Pie, Ranch, Diced Capri Vegetables, Sourdough Bread, Fresh Fruit	Sausage w/Bun, Green Beans, Carrot Coins, Apple Juice, Mustard Packet, Banana *CONTAINS BEEF*	Beef Ravioli, Brussels Sprouts, Beets, Wheat Bread, Pudding, Orange *CONTAINS BEEF*