

ALL MEALS ARE SERVED WITH 2% MILK



Meals on Wheels Wake County

October 2026

CALL 919-833-1749 to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
			10/1	10/2
REMINDER IF YOU WILL NOT BE HOME	CALL THE DAY BEFORE BY 12PM TO CANCEL YOUR MEAL DELIVERY		Beef 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*
10/5	10/6	10/7	10/8	10/9
Chicken Fajita, Rice Broccoli & Carrots Pudding, Sourdough Bread, Fresh Fruit	Peppered Swiss Steak Green Beans w/ Red Peppers, Mac & Cheese Wheat Bread, Apple *CONTAINS BEEF*	BBQ Pork Riblet w/Hamburger bun, BBQ Beans, Spinach, Orange *CONTAINS PORK*	Chicken & Grits, Turnip Greens, Fruit Compote Biscuit, Banana	Spaghetti w/ Meat, Squash Casserole, Lentils w/ Spinach Banana, Italian Bread *CONTAINS BEEF*
10/12	10/13	10/14	10/15	10/16
Beef Stroganoff, Apple Crisp, Green Beans w/Red Peppers, Wheat Roll *CONTAINS BEEF*	Beef Hamburger w/Bun O'Brien Potatoes, Peas & Onions, Fresh Fruit Mustard/Ketchup *CONTAINS BEEF*	Chicken Curry, Spinach Jeweled Rice, Pita Bread Orange, Apple Juice	Beef Meat Loaf, Broccoli & Carrots, Succotash, Sourdough Bread Juice Orange, Apple *CONTAINS BEEF*	Salisbury Steak, Green Beans, Mashed Potatoes, Sourdough Bread, Banana *CONTAINS BEEF*
10/19	10/20	10/21	10/22	10/23
Baked Chicken, Turnip Greens, Organic Sweet Potatoes, Wheat Bread Vinegar, Fresh Fruit	Beef Stew, Cauliflower w/Red Pepper, Peas & Onions, Sourdough Bread, Banana, Cranberry Juice *CONTAINS BEEF*	BBQ Pork w/Hamburger Bun Delmonico Potatoes, Green Beans, Coleslaw Fresh Fruit *CONTAINS PORK*	Florentine Alfredo, Zucchini & Onions, Cinnamon Apple Slices, Orange, Wheat Roll	Turkey Burger w/ Hamburger Bun, Spinach Au Gratin, Peach Crisp, Orange
10/26	10/27	10/28	10/29	10/30
Brunswick Stew, Mixed Beans, Rice, Fresh Fruit, Wheat Bread *CONTAINS CHICKEN*	Beef Chili, Broccoli & Carrots, Corn O'Brien Corn Bread, Banana Juice Orange *CONTAINS BEEF*	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*