

October 2025 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc

Sylva 631-8044

Cashiers 745-6856

Senior Café - Reservations & Cancellations required by 3pm one day in advance.

Sylva 631-8045

Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Primavera w/ Turkey Green Peas Garlic Tx Toast Peach cobbler fresh orange milk	2 Pepper Steak & Gravy on Rice Spiced apples Mixed Vegetables Carrot Raisin Salad Roll Milk	3 Pork Loin w/Gravy Baked Sweet Potato Cauliflower Fresh Fruit Cup Biscuit juice/oj Milk
6 Chicken Dumplings Green Beans Glazed Carrots Peaches Biscuit Milk	7 Mac-n-cheese black eyed peas stewed tomatoes cornbread sugar cookie milk juice/oj	8 French Dip Sub Roll w/Au Jus Sweet Potato Fries Lima Beans Milk Spice Cake Apple Sauce	9 Red Beans & Rice Sausage Medallions Collard Greens Fresh Orange Cornbread Milk	10 Sautéed Garlic Chicken Butternut Squash Green Peas Roll Berry Parfait Milk
13 Hamburger Steak w/Mushroom Gravy Broccoli Casserole Mashed Potatoes Peaches Roll Milk	14 Beef Frito Pie Spanish Rice Fiesta Vegetables Fresh Banana Milk juice/oj	15 Chef Salad w/Ham,Turkey Crackers Potato Salad Milk Cottage Cheese & Fruit	16 Hot Open Faced Turkey Sandwich Mashed Potatoes Carrots Pears Cookie Milk	17 Chicken Parmesan Pasta & Marinara Garden Salad Berry Parfait juice/oj Milk Breadstick Banana
20 Breaded Tilapia Wild Rice Blend Broccoli Hushpuppies Pears juice/oj Milk	21 White Chicken Chili Kale & Apple Salad Beets Corn Milk Cornbread Fresh Orange	22 Oven Fried Chicken Cheesy Potatoes Asparagus Milk Pineapple Cake Roll Fruit Cup	23 Southern BBQ Boiled Cabbage Cornbread Blueberry Cobbler Milk juice/oj	24 Black Eyed Peas Collard Greens Baked Sweet Potato Cornbread Snickerdoodle Banana Milk
27 Chicken Thigh Sweet Potato Souffle Lima Beans Fresh Grapes Roll Milk	28 Country Fried Steak Green Beans Macaroni & Cheese Mandarin Oranges Roll Milk	29 Beef with Roasted Vegetables Lemon Pudding Summer Squash Salad Brussel Sprouts Roll Milk	30 Taco Salad Casserole Fiesta Corn Pinto Beans Fresh Grapes Juice/oj Milk	31 Spook-ghetti Tossed Salad Fruit Cup Pumpkin Muffin Breadstick Fingers Milk