




Meals on Wheels of Metro Tulsa  
(918) 627-4103

**October 2024 Menu-Regular**




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Swiss Steak Lemon Herb Pasta Cauliflower	2 Turkey Chili with Beans Broccoli Dilled Carrots	3 Loaded Potato Casserole Kidney Beans Country Tomatoes	4 Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas
7 Macaroni and Cheese Green Peas California Vegetables	8 Turkey and Dumplings Pinto Beans Diced Beets	9 Glazed Ham* Black-Eyed Peas Okra and Tomatoes	10 Rosemary Chicken Cheesy Brown Rice Green Beans	11 Lemon Pepper Pollock Pasta Florentine Dilled Carrots
14 Beef Pepper Steak Mixed Beans Lemon Zest Broccoli	15 Sausage and Red Beans* Medley Cabbage Stewed Tomatoes	16 Baked Chicken with Gravy Parslied Rice Green Beans and Carrots	17 Cajun Meatloaf Chuckwagon Corn Cauliflower	18 Tuna Macaroni and Cheese Green Peas Capri Vegetables
21 Chicken Fajita Pinto Beans Mexican Style Tomatoes	22 Pollock Fish Nuggets Whole Kernel Corn Spring Vegetables	23 Meatball Stroganoff Penne Pasta Broccoli	24 Herbed Pork Loin* Brown Rice Glazed Carrots	25 Chili Garlic Chicken Twice Whipped Potatoes Parmesan Brussels Sprouts
28 Turkey Tetrizzini Broccoli Glazed Carrots	29 BBQ Chicken Cream Cheese Corn Cauliflower	30 Beef Chili with Beans Oven Roasted Potatoes Spinach	31 Breaded Pollock Green Peas Stewed Tomatoes	
				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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**October 2024 Menu- Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Broccoli Cheese Bake Lemon Herb Pasta Cauliflower	2 White Bean Chili Broccoli Dilled Carrots	3 Broccoli Strata Kidney Beans Country Tomatoes	4 Macaroni and Cheese Country Vegetables Herbed Green Peas
7 Macaroni and Cheese Green Peas California Vegetables	8 Cheese Enchiladas Pinto Beans Diced Beets	9 Cajun Veggie Meatballs Black-Eyed Peas Okra and Tomatoes	10 White Bean Chili Cheesy Brown Rice Green Beans	11 Lentil Stew Pasta Florentine Dilled Carrots
14 Alfredo Veggie Meatballs Mixed Beans Lemon Zest Broccoli	15 Red Beans and Rice Medley Cabbage Stewed Tomatoes	16 Six Bean Stew Parslied Rice Green Beans and Carrots	17 Bean Tamale Pie Chuckwagon Corn Cauliflower	18 Three Cheese Ziti Green Peas Capri Vegetables
21 Veggie Taco Pinto Beans Mexican Style Tomatoes	22 Vegetarian Chili Whole Kernel Corn Spring Vegetables	23 Eggplant Parmesan Penne Pasta Broccoli	24 Lemony Chickpea Stir-Fry Brown Rice Glazed Carrots	25 Marinara Veggie Meatballs Twice Whipped Potatoes Parmesan Brussels Sprouts
28 Spaghetti Torte Broccoli Glazed Carrots	29 Lentil Stew Cream Cheese Corn Cauliflower	30 Vegetarian Chili Oven Roasted Potatoes Spinach	31 Three Cheese Ziti Green Peas Stewed Tomatoes	
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**October 2024 Menu-Chicken - Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Broccoli Cheese Bake Lemon Herb Pasta Cauliflower	2 Turkey Chili with Beans Broccoli Dilled Carrots	3 Loaded Potato Casserole Kidney Beans Country Tomatoes	4 Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas
7 Macaroni and Cheese Green Peas California Vegetables	8 Turkey and Dumplings Pinto Beans Diced Beets	9 Cajun Veggie Meatballs Black-Eyed Peas Okra and Tomatoes	10 Rosemary Chicken Cheesy Brown Rice Green Beans	11 Lentil Stew Pasta Florentine Dilled Carrots
14 Alfredo Veggie Meatballs Mixed Beans Lemon Zest Broccoli	15 Red Beans and Rice Medley Cabbage Stewed Tomatoes	16 Baked Chicken with Gravy Parslied Rice Green Beans and Carrots	17 Bean Tamale Pie Chuckwagon Corn Cauliflower	18 Three Cheese Ziti Green Peas Capri Vegetables
21 Chicken Fajita Pinto Beans Mexican Style Tomatoes	22 Vegetarian Chili Whole Kernel Corn Spring Vegetables	23 Eggplant Parmesan Penne Pasta Broccoli	24 Lemony Chickpea Stir-Fry Brown Rice Glazed Carrots	25 Chili Garlic Chicken Twice Whipped Potatoes Parmesan Brussels Sprouts
28 Turkey Tetrizzini Broccoli Glazed Carrots	29 BBQ Chicken Cream Cheese Corn Cauliflower	30 Vegetarian Chili Oven Roasted Potatoes Spinach	31 Three Cheese Ziti Green Peas Stewed Tomatoes	
				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons