




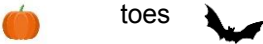



Meals on Wheels of Metro Tulsa  
(918) 627-4103






**October 2023 Menu- Regular**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<b>2</b> Beef Pepper Steak Mixed Beans Lemon Zest Broccoli	<b>3</b> Pork Sausage and Red Beans* Medley Cabbage Stewed Tomatoes	<b>4</b> Baked Chicken with Gravy Parslied Rice Green Beans and Carrots	<b>5</b> Cajun Meatloaf Chuckwagon Corn Cauliflower	<b>6</b> Tuna Macaroni and Cheese Green Peas Capri Vegetable Blend	<b>7</b> Parmesan Chicken Lentils Diced Beets	<b>8</b> Salisbury Beef Onion Gravy California Vegetable Blend
<b>9</b> Ham, Red Beans, and Rice* Black-Eyed Peas Medley Cabbage	<b>10</b>  Spinach Macaroni & Cheese Dilled Carrots Country Tomatoes	<b>11</b> Rosemary Pork Loin* Mixed Beans Catalina Vegetable Blend	<b>12</b> Oven Fried Chicken Lima Beans Diced Beets	<b>13</b> Swiss Steak Garlic Whipped Potatoes Herbed Green Beans	<b>14</b> Tarragon Chicken Whipped Sweet Potatoes Cauliflower	<b>15</b> Southwest Beef Meatballs Yellow Rice Spinach
<b>16</b> Turkey Tetrizzini Broccoli Glazed Carrots	<b>17</b> Breaded Fish Green Peas Stewed Tomatoes	<b>18</b> Beef Chili with Beans Oven Roasted Potatoes Spinach	<b>19</b> BBQ Chicken Chuckwagon Corn Cauliflower	<b>20</b> Beef Taco Black Beans Glazed Carrots	<b>21</b> Marsala Chicken Meatballs Whipped Potatoes Mixed Vegetables	<b>22</b>  Cheese Omelet Black Beans Country Tomatoes
<b>23</b>  Macaroni and Cheese Green Peas California Vegetable Blend	<b>24</b> Turkey and Dumplings Pinto Beans Diced Beets	<b>25</b> Glazed Ham* Black-Eyed Peas Okra and Tomatoes	<b>26</b> Rosemary Chicken Confetti Brown Rice Green Beans	<b>27</b> Lemon Pepper Fish Pasta Florentine Dilled Carrots	<b>28</b> Breaded Chicken Patty Seasoned Cubed Potatoes Mixed Vegetables	<b>29</b> Meatloaf Brown Gravy Northern Beans Medley Cabbage
<b>30</b> Bruschetta Chicken Meatballs Lima Beans Diced Beets	<b>31</b> Beef with Country Gravy Whipped Potatoes Sauash/Zucchini/Tomatoes 					<small>*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</small>





Meals on Wheels of Metro Tulsa

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**October 2023 Menu- Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<b>2</b> Veggie Sausage Patties Mixed Beans Lemon Zest Broccoli	<b>3</b> Red Beans and Rice Medley Cabbage Stewed Tomatoes	<b>4</b> Bean and Cheese Burrito Parslied Rice Green Beans and Carrots	<b>5</b> White Bean Chili Chuckwagon Corn Cauliflower	<b>6</b> Macaroni and Cheese Green Peas Capri Vegetable Blend	<b>7</b> Eggplant Parmesan Lentils Diced Beets	<b>8</b> Cheese Omelet Lima Beans California Vegetable Blend
<b>9</b> Red Beans and Rice Black-Eyed Peas Medley Cabbage	<b>10</b> Spinach Macaroni & Cheese Dilled Carrots Country Tomatoes	<b>11</b> Broccoli Strata Mixed Beans Catalina Vegetable Blend	<b>12</b> Italian Shells and Cheese Lima Beans Diced Beets	<b>13</b> Lentil Stew Garlic Whipped Potatoes Herbed Green Beans	<b>14</b> Bean Chili Whipped Sweet Potatoes Cauliflower	<b>15</b> Southwest Veggie Meatballs Yellow Rice Spinach
<b>16</b> Spaghetti Torte Broccoli Glazed Carrots	<b>17</b> Broccoli Cheese Bake Green Peas Stewed Tomatoes	<b>18</b> White Bean Chili Oven Roasted Potatoes Spinach	<b>19</b> Six Bean Stew Chuckwagon Corn Cauliflower	<b>20</b> Veggie Taco Black Beans Glazed Carrots	<b>21</b> Chickpea Stir Fry Whipped Potatoes Mixed Vegetables	<b>22</b> Cheese Omelet Black Beans Country Tomatoes
<b>23</b> Macaroni and Cheese Green Peas California Vegetable Blend	<b>24</b> Three Cheese Ziti Pinto Beans Diced Beets	<b>25</b> Red Beans and Rice Black-Eyed Peas Okra and Tomatoes	<b>26</b> Bean and Cheese Burrito Confetti Brown Rice Green Beans	<b>27</b> Eggplant Parmesan Pasta Florentine Dilled Carrots	<b>28</b> Bean Chili Seasoned Cubed Potatoes Mixed Vegetables	<b>29</b> Cheese Enchiladas Northern Beans Medley Cabbage
<b>30</b> Bruschetta Veggie Meatballs Lima Beans Diced Beets	<b>31</b> Cheese Omelet Whipped Potatoes Squash/Zucchini/Tomatoes  					<small>*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</small>

**October 2023 Menu- Chicken-Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<p>2 ✓ Veggie Sausage Patties Mixed Beans Lemon Zest Broccoli</p>	<p>3 ✓ Red Beans and Rice Medley Cabbage Stewed Tomatoes</p>	<p>4 Baked Chicken with Gravy Parslied Rice Green Beans and Carrots</p>	<p>5 ✓ White Bean Chili Chuckwagon Corn Cauliflower</p>	<p>6 ✓ Macaroni and Cheese Green Peas Capri Vegetable Blend</p>	<p>7 Parmesan Chicken Lentils Diced Beets</p>	<p>8 Cheese Omelet Lima Beans California Vegetable Blend</p>
<p>9 ✓ Red Beans and Rice Black-Eyed Peas Medley Cabbage</p>	<p>10 ✓ Spinach Macaroni &amp; Cheese Dilled Carrots Country Tomatoes</p>	<p>11 ✓ Broccoli Strata Mixed Beans Catalina Vegetable Blend</p>	<p>12 Oven Fried Chicken Lima Beans Diced Beets</p>	<p>13 ✓ Lentil Stew Garlic Whipped Potatoes Herbed Green Beans</p>	<p>14 Tarragon Chicken Whipped Sweet Potatoes Cauliflower</p>	<p>15 ✓ Southwest Veggie Meatballs Yellow Rice Spinach</p>
<p>16 Turkey Tetrizzini Broccoli Glazed Carrots</p>	<p>17 ✓ Broccoli Cheese Bake Green Peas Stewed Tomatoes</p>	<p>18 ✓ White Bean Chili Oven Roasted Potatoes Spinach</p>	<p>19 BBQ Chicken Chuckwagon Corn Cauliflower</p>	<p>20 ✓ Veggie Taco Black Beans Glazed Carrots</p>	<p>21 Marsala Chicken Meatballs Whipped Potatoes Mixed Vegetables</p>	<p>22 ✓ Cheese Omelet Black Beans Country Tomatoes</p>
<p>23 ✓ Macaroni and Cheese Green Peas California Vegetable Blend</p>	<p>24 Turkey and Dumplings Pinto Beans Diced Beets</p>	<p>25 ✓ Red Beans and Rice Black-Eyed Peas Okra and Tomatoes</p>	<p>26 Rosemary Chicken Confetti Brown Rice Green Beans</p>	<p>27 ✓ Eggplant Parmesan Pasta Florentine Dilled Carrots</p>	<p>28 Breaded Chicken Patty Seasoned Cubed Potatoes Mixed Vegetables</p>	<p>29 ✓ Cheese Enchiladas Northern Beans Medley Cabbage</p>
<p>30 Bruschetta Chicken Meatballs Lima Beans Diced Beets</p>	<p>31 ✓ Cheese Omelet Whipped Potatoes Squash/Zucchini/Tomatoes</p> 					<p>*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</p>