



**MEALS on WHEELS**  
METRO BOISE

# October 2024 Menu

(Substitutions may be necessary without advanced notice.)

Contact:  
(208) 321-0031  
[www.MetroMealsonWheels.net](http://www.MetroMealsonWheels.net)

MON	TUE	WED	THU	FRI
	1	2	3	4
<b>7 Meatball Sandwich</b> Roasted Potato Mix Spring Blend Veggies Peaches Hoagie Roll Milk	8	<b>9 Tuna Casserole</b> Stewed Tomatoes Baby Carrots Fresh Fruit 9-Grain Bread Milk	10	<b>11 Salisbury Steak with Brown Gravy</b> Mashed Potatoes Chateau Veggies Applesauce Whole Wheat Roll / Milk
<b>14 Polish Sausage with Sauerkraut</b> Baked Beans Corn & Peppers Fresh Fruit Whole Wheat Bun / Milk	15	<b>16 White Chicken Chili</b> Corn Spiced Apples Cornbread Milk	17	<b>18 Herb Salmon over Rice Pilaf</b> Baby Carrots Green Beans Peaches Whole Wheat Roll / Milk
<b>21 Swedish Meatballs over Rice</b> Peas Green Salad Spiced Apples Whole Wheat Roll Milk	22	<b>23 Potato Corn Chowder</b> Dill Carrots Snap Peas Banana 9-Grain Bread Milk	24	<b>25 Roast Beef with Gravy</b> Mashed Potatoes Beets Applesauce 9-Grain Bread Milk
<b>28 Scalloped Potatoes with Ham</b> Peas Sunshine Carrots Apples with Granola Whole Wheat Roll Milk	29	<b>30 Artichoke Spinach Chicken Casserole</b> Italian Veggies Broccoli Fresh Orange French Bread Milk		