

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

				<p>Breakfast: 1 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Grilled Chicken, Rice Pilaf, Zucchini Fudge Crème Cookie/ Pears Milk</p>		<p>Breakfast: 2 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Turkey and Cheese Sandwich/ Broccoli/ Milk/ Dessert</p>									
				 <p>Breakfast: 3 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Meat Loaf, Green Beans, Roasted potatoes Gingerbread Cookie/ Pineapple Tidbits/ Milk</p>		<p>Breakfast: 4 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Oven fried Chicken, Mac and Cheese, Collards Fig Bar/ Applesauce Milk</p>		<p>Breakfast: 5 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Riblet, Mashed Potatoes, Green Beans Gingerbread Cookie/ Pineapple Tidbits/ Milk</p>		<p>Breakfast: 6 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Sesame Chicken, Rice, Vegetables, Milk, Dessert</p>		<p>Breakfast: 7 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Baked Ham, Scalloped potatoes, Veg blend, Milk,</p>		<p>Breakfast: 8 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p>	
<p>Meals are cooked hot and healthy by VA Baptist Hospital served in partnership with Meals on Wheels. Diabetic and Heart Healthy.</p>		<p>Breakfast: 10 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Chicken Alfredo, Yellow Squash, Fruit, Dessert, Milk <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>		<p>Breakfast: 11 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Turkey Pot pie, Vegetables, Milk, Dessert</p>		<p>Breakfast: 12 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Roasted Beef with gravy, Mashed Potatoes, Carrots, Milk</p>		<p>Breakfast: 13 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Southern Style Catfish, Roasted Potatoes, Lima Beans, Milk, Dessert</p>		<p>Breakfast: 14 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Roast Pork with gravy, Mac N Cheese, Peas, Milk, Dessert</p>		<p>Breakfast: 15 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p>		<p>Breakfast: 16 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p>	
<p>Fruit is offered as a variety each day. Peaches, Pears, Mandarins, Applesauce, Grapes, Raisins, prunes</p>		<p>Breakfast: 17 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Baked Chicken Rice, Zucchini, Milk, Dessert</p>		<p>Breakfast: 18 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Grilled Chicken, Rice Pilaf, Zucchini Fudge Crème Cookie/ Pears Milk</p>		<p>Breakfast: 19 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Meat Loaf, Green Beans, Roasted potatoes Gingerbread Cookie/ Pineapple Tidbits/ Milk</p>		<p>Breakfast: 20 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Pork BBQ, Broccoli Baked Beans Oreos/ Mixed Fruit Milk</p>		<p>Breakfast: 21 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Turkey, Dressing, Peas and Carrots Gravy, Milk Dessert Fruit</p>		<p>Breakfast: 22 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p>		<p>Breakfast: 23 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p>	
<p>SNACK 3:00pm</p> <p>*Peanut Butter/Cheese Crackers *Sugar free Cookies *Sugar Free Popsicle *Fruit is available upon request</p>		<p>Breakfast: 24 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Oven fried Chicken, Mac and Cheese, Collards Fig Bar/ Applesauce Milk</p>		<p>Breakfast: 25 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Swedish Meatballs, Rice, Broccoli Fudge Crème Cookie/ Pears Milk</p>		<p>Breakfast: 26 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Riblet, Mashed Potatoes, Green Beans Gingerbread Cookie/ Pineapple Tidbits/ Milk</p>		<p>Breakfast: 27 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Grilled Chicken, Rice Pilaf, Zucchini Fudge Crème Cookie/ Pears Milk</p>		<p>Breakfast: 28 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p> <p>Lunch: Meat Loaf, Green Beans, Roasted potatoes Gingerbread Cookie/ Pineapple Tidbits/ Milk</p>		<p>Breakfast: 29 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p>		<p>Breakfast: 30 Cereal (Oatmeal, Cheerios, or Raisin Bran), Fruit, Toast</p>	
<p>31 Halloween</p>		<p>Raspberry Hill Adult Daytime Center MEAL Calendar 2021</p>  													