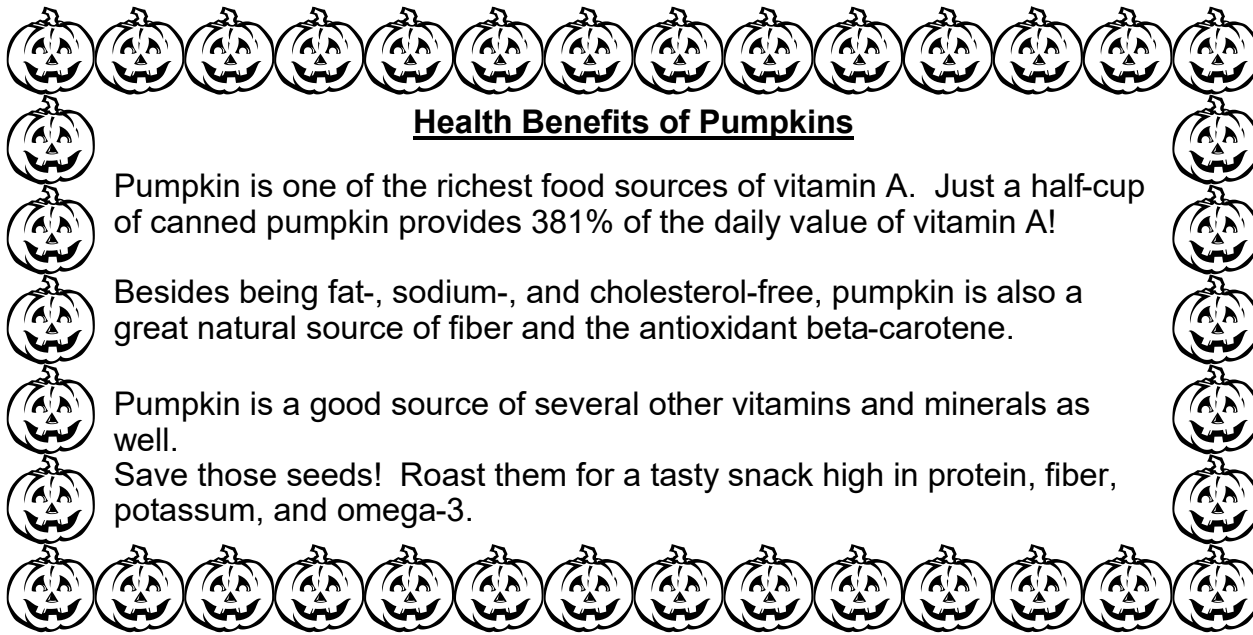


# October 2023, Kenosha County Meals on Wheels

HH-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Bread Apple	Cheddar Broccoli Chicken Rice Casserole Cauliflower Pear & Cranberry Crumble, Roll	Salisbury Steak/Gravy Mashed Potatoes Corn Multi Grain Roll Pineapple Tidbits	Hot Dog Oven Fries Bean Casserole Whole Wheat Bun Banana	Lasagna w/ Meat Sauce Broccoli Chef's Choice Veg Wheat Bread Oatmeal Raisin Cookie
9	10	11	12	13
Roast Turkey & Gravy Baked Sweet Potato Mixed Vegetables Bread Stuffing Chef's Fruit	Spaghetti & Meatballs Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler	Shaved Pork w/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Bread, Applesauce	Baked Chicken w/Gravy Mashed Potatoes Cauliflower & Red Peppers, Bread Mandarin Oranges	Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Chick Pea Salad Fresh Melon, Roll
16	17	18	19	20
Hot Roast Beef Mashed Potato w/ Gravy, Bread Peas & Carrots Fresh Orange	BBQ Riblet on Bun Oven Fries Corn & Black Bean Apples	Roast Turkey w/Cheddar Sauce Vegetable Rice Pilaf Broccoli, Biscuit Oatmeal Raisin Cookie Chef's Fruit	Western Eggs Hash Browns Glazed Pears Raising bread Cranberry Juice Banana	Chicken Breast Parmesan Penne Pasta/ Marinara Squash Medley Wheat Vienna Chilled Peaches
23	24	25	26	27
Sliced Bavarian Brat, Rye Bread Diced Parslied Potatoes Carrots Fresh Melon	Chicken Chardonnay Mashed Potatoes Broccoli, Bread Orange Chocolate Pudding	Texas Chili Mac & Cheese Country Blend Veg Multi Grain Bread Fruit Cup	Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi Grain Bread Chilled Pears	Baked Pollock w/Lemon Butter Sauce Baked Potato, Bread California Blend Vanilla Mandarin Pudding
30	31			
Roast Beef/Gravy Mashed Potatoes Brussel Sprouts Multi Grain Bread Chilled Pears Cookie	Turkey Pot Roast/Gravy Baked Potato Peas & Carrots Multi- Grain Bread Chef's Fruit	<p><b>Menus are Subject to Change Without Based on Product Avail- ability</b></p>		



### Health Benefits of Pumpkins

Pumpkin is one of the richest food sources of vitamin A. Just a half-cup of canned pumpkin provides 381% of the daily value of vitamin A!

Besides being fat-, sodium-, and cholesterol-free, pumpkin is also a great natural source of fiber and the antioxidant beta-carotene.

Pumpkin is a good source of several other vitamins and minerals as well.

Save those seeds! Roast them for a tasty snack high in protein, fiber, potassium, and omega-3.

### **Recipe for: Pumpkin French Toast Bake**

### **Beneficial Bites**

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 6 to 7 cups 1-inch bread cubes   | 7 large eggs                       |
| 2 cups milk                      | 1 tsp vanilla extract              |
| 1 1/2 tsp pumpkin pie spice      | 1/2 cup pumpkin puree              |
| 3-4 Tbsp brown sugar for topping | Nuts, walnuts or pecans (optional) |

Lightly grease a 9x13 baking dish, fill with cubed bread. In a large bowl whisk eggs, milk, vanilla, pumpkin, and spices until well combined. Pour over bread in baking dish. Cover with plastic wrap and refrigerate overnight.

In the morning preheat oven to 350 degrees, uncover baking dish, top with brown sugar and nuts. Bake 35-45 minutes or until golden brown and no longer wet. Serve immediately with maple syrup or honey. Store leftovers in the refrigerator covered for up to three days.



*For Meals on Wheels information, please call 658-0237*

### **Friendly Reminders for your Meal Delivery**

- **Please be home to receive your meal and be near the door for meal delivery.** We cannot leave the meal without a recipient.
- **Cancellations must be made 24 hours in advance** by 9:00 a.m. the day before you wish to cancel. We are closed on weekends, so Monday cancellations must be called in by 9:00 a.m. the Friday before.
- **Drivers cannot pass messages to the office.** Please call the office @ 262-658-3508 if you have any questions.

Our meals are “Heart Healthy”, meaning that they are low fat, low cholesterol, no added salt and serving no fried foods. If

