

MONDAYSeptember 29, 2025			WEDNESDAYOctober 1, 2025			FRIDAYOctober 3, 2025		
ENTRÉE - CHOOSE 1			ENTRÉE - CHOOSE 1			ENTRÉE - CHOOSE 1		
1) Roast Chicken Legs w/ Mixed Vegetables			1) Sweet & Sour Pork w/ Green Beans			1) Roast Beef w/ Gravy & Beets		
2) Beef & Bean Chili w/ Corn			2) Meatloaf w/ Mushroom Gravy & Carrots			2) Fried Fish w/ Peas & Tartar Sauce		
SIDE - CHOOSE 1			SIDE - CHOOSE 1			SIDE - CHOOSE 1		
1) Rotini Noodles w/ Alfredo Sauce			1) Roasted New Potatoes			1) Mashed Potatoes		
2) Rice Pilaf			2) Chow Mein Noodles			2) Fries		
SOUP OR SALAD- CHOOSE 1			SOUP OR SALAD- CHOOSE 1			SOUP OR SALAD- CHOOSE 1		
1) Cream of Mushroom Soup			1) Minestrone Soup			1) Cream of Tomato Soup		
2) Caesar Salad			2) Greens & Dill Ranch			2) Macaroni Salad		
DESSERT - CHOOSE 1			DESSERT - CHOOSE 1			DESSERT - CHOOSE 1		
1) Blueberry Lemon Cake			1) Brownie			1) Chocolate Pudding		
2) Seasonal Fruit			2) Seasonal Fruit			2) Seasonal Fruit		
MONDAYOctober 6, 2025			WEDNESDAYOctober 8, 2025			FRIDAYOctober 10, 2025		
ENTRÉE - CHOOSE 1			ENTRÉE - CHOOSE 1			ENTRÉE - CHOOSE 1		
1) Pork Chops w/ Gravy & Carrots			1) Turkey w/ Gravy and Rutabaga			1) Shepherd's Pie w/ Gravy (no side)		
2) Pepper Steak w/ Green Beans			2) Ratatouille Stew w/ Corn			2) Broccoli & Cheddar Quiche w/ Green Beans		
SIDE - CHOOSE 1			SIDE - CHOOSE 1			SIDE - CHOOSE 1		
1) Boiled New Potatoes			1) Mashed Potatoes			1) Mushroom Medley		
2) Barley Pilaf			2) Mushroom Medley			2) Baked Beans		
SOUP OR SALAD- CHOOSE 1			SOUP OR SALAD- CHOOSE 1			SOUP OR SALAD- CHOOSE 1		
1) Yam & Red Lentil Soup			1) Chicken Vegetable Soup			1) Cheesy Broccoli & Cauliflower Soup		
2) Greens & Dill Ranch			2) Spinach Salad			2) Sweet Sesame Cucumber Salad		
DESSERT - CHOOSE 1			DESSERT - CHOOSE 1			DESSERT - CHOOSE 1		
1) Chocolate Chip Cookie			1) Butterscotch Pudding			1) Strawberry Cake		
2) Seasonal Fruit			2) Seasonal Fruit			2) Seasonal Fruit		
MONDAYOctober 13, 2025			WEDNESDAYOctober 15, 2025			FRIDAYOctober 17, 2025		
ENTRÉE - CHOOSE 1			ENTRÉE - CHOOSE 1			ENTRÉE - CHOOSE 1		
1) Turkey Dinner (no side)			1) Roast Pork w/ Gravy & Green Beans			1) Greek Roast Chicken & Green Beans		
2) Dilled Salmon & Corn			2) Tomato Pepper Steak Stew			2) Sweet & Sour Meatballs w/ Corn		
SIDE - CHOOSE 1			SIDE - CHOOSE 1			SIDE - CHOOSE 1		
1) Roasted Potatoes & Carrots			1) Mashed Potatoes			1) Roasted Greek Lemon Potatoes		
2) Quinoa			2) Egg Noodles			2) White Rice		
SOUP OR SALAD- CHOOSE 1			SOUP OR SALAD- CHOOSE 1			SOUP OR SALAD- CHOOSE 1		
1) Creamy Tomato Basil Soup			1) Corn & Bacon Chowder			1) Lemon Chicken Orzo Soup		
2) Caesar Salad			2) Potato Salad			2) Greek Salad		
DESSERT - CHOOSE 1			DESSERT - CHOOSE 1			DESSERT - CHOOSE 1		
1) Pumpkin Pie			1) Vanilla Pudding			1) Chocolate Cake		
2) Seasonal Fruit			2) Seasonal Fruit			2) Seasonal Fruit		

MONDAY	October 20, 2025	WEDNESDAY	October 22, 2025	FRIDAY	October 24, 2025
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Salisbury Steak w/ Gravy, Fried Peppers & Onion	☐	1) Teriyaki Chicken & Snap Peas	☐	1) Roasted Pork w/ Gravy & Creamed Corn	☐
2) Mediterranean Frittata w/ Green Beans	☐	2) Roasted Pork w/ Gravy & Carrots	☐	2) Spaghetti & Meat Sauce w/ Garlic Toast (no side)	☐
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Roasted Potato & Carrots	☐	1) Yams	☐	1) Mashed Potatoes	☐
2) Basmati Rice	☐	2) Rice Pilaf	☐	2) Egg Noodles	☐
<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>	
1) Creamy Tomato Macaroni Soup	☐	1) Lemon Chicken Orzo Soup	☐	1) Vegetable Soup w/ Barley	☐
2) Potato Salad	☐	2) Greens & Dill Ranch	☐	2) Caesar Salad	☐
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Donut	☐	1) Oatmeal Cookie	☐	1) Jello Squares	☐
2) Seasonal Fruit	☐	2) Seasonal Fruit	☐	2) Seasonal Fruit	☐

MONDAY	October 27, 2025	WEDNESDAY	October 29, 2025	FRIDAY	October 31, 2025
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Mac & Cheese	☐	1) Beef Meatball Stew & Dumpling	☐	1) Roasted Chicken & Green Beans	☐
2) Liver w/ Gravy, Bacon & Onions	☐	2) Broccoli Penne Alfredo w/ Garlic Toast (no side)	☐	2) Teriyaki Shrimp Stir Fry w/ Snap Peas	☐
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Mashed Potatoes	☐	1) Roasted New Potatoes	☐	1) Rice Pilaf	☐
2) Pork & Beans	☐	2) Barley Pilaf	☐	2) Hashbrown Casserole	☐
<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>	
1) Hobo Soup	☐	1) Creamy Potato Bacon Soup	☐	1) Beef Noodle Soup	☐
2) Spinach Salad	☐	2) Marinated Vegetable Salad	☐	2) Greens w/ Thousand Island	☐
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Coconut Cookie	☐	1) Jello Squares	☐	1) White Chocolate Cookies	☐
2) Seasonal Fruit	☐	2) Seasonal Fruit	☐	2) Seasonal Fruit	☐

<u>COMMENTS from Melissa & Candice</u>					
- 5 week Menu September 29 - October 31, 2025 - Please return MENU as soon as possible - at the latest by Sept 15th. Menus can be returned with your delivery driver or by emailing a picture to info@mow-online.com - Please make your selections based on which days you receive meals. For example, if you receive meals just on Wednesdays, please select from the Wednesday column. But please know, you can order for ANY day! - If you order more than 1 meal per day, please indicate a second meal. Call the office if you require assistance or have questions. - PAYMENT EFT Email Address is pay@mow-online.com					