



October 2026

Meals on Wheels Menu

Androscoggin, Franklin, & Oxford Counties

THIS MENU IS SUBJECT TO CHANGE
 Low fat milk is included with each meal.
 A stick of Margarine & a loaf of Whole
 Wheat Bread will be sent out monthly.

Week 10/5 - 10/9	Week 10/12 - 10/16	Week 10/19 - 10/23	Week 10/26 – 10/30
FRESH MEAL Baked Fish w/Dill Sauce Roasted Potatoes Spinach Blueberries	FRESH MEAL Swedish Meatballs Egg Noodles Diced Beets Apple Slices	FRESH MEAL Broccoli Cheddar Quiche Sausage Link Hashbrowns Tomatoes & Zucchini Strawberries	FRESH MEAL Chicken Cordon Bleu Casserole California Veggies Raspberry Applesauce
Pea Soup w/ Ham, Potatoes and Carrots Oyster Crackers Beets Pears	Chicken Parmesan Penne Noodles Italian Veggies Tropical Fruit	Herb Roasted Chicken Scalloped Potatoes Three Bean Salad Peaches	Stuffed Shell w/ Ground Turkey Red Sauce Brussel Sprouts Peaches & Pears
Chicken Tortellini Alfredo Broccoli Peaches	Unstuffed Peppers w/ Turkey & Rice Green Beans Mangoes	Turkey Franks Baked Beans Peas & Carrots Pears	Teriyaki Pork Riblet Garden Rice Carrots Fruit Cocktail
Pork, Beans & Rice Casserole Germany Veg. Mix Tropical Fruit	Cheese Omelet Homefries Carrots Blueberries	Beef & Barley Stew Wax Beans Tropical Fruit	Beef & Gravy Steamed Rice Pacific Veg. Mix Fruit Cocktail
Meatloaf w/ Cheese Mashed Potatoes Peas Fruit Cocktail	BBQ Pulled Pork Sweet Potatoes Corn Spiced Pears	Herbed Roasted Pork Loin w/ Gravy Mashed Potatoes Squash Cinnamon Apples	Fish Chowder Oyster Crackers Key Largo Veggies Strawberries