

Meals on Wheels of Metro Tulsa
(918) 627-4103
October 2021 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons.				1 Turkey Breast w/ Gravy Ranch Whipped Potatoes Capri Vegetables	2 BBQ Chicken Meatballs Ranch Beans Sliced Carrots	3 Salisbury Beef w/ Gravy Whole Kernel Corn Green Beans
4 Parmesan Chicken Lima Beans Diced Beets	5 Spinach & Cheese Lasagna Capri Vegetables Broccoli	6 Beef Taco Spanish Rice Black Beans	7 Ham, Red Beans & Rice Black-eyed Peas Medley Cabbage	8 Swiss Steak Garlic Whipped Potatoes Herbed Green Beans	9 BBQ Chicken Meatballs Ranch Beans Cauliflower	10 Beef w/ Onion Gravy Crispy Cubed Potatoes Green Beans & Carrots
11 Turkey Tetrazzini Broccoli Glazed Carrots COLUMBUS DAY	12 Breaded Fish Parslied Rice Stewed Tomatoes	13 Oven Fried Chicken Thigh Chuck Wagon Corn Cauliflower	14 Beef Chili w/ Beans Oven Roasted Potatoes Spinach	15 Smoked Pork Sausage Mixed Beans Catalina Vegetables	16 Hamburger Patty Baked Beans California Vegetables	17 Cranberry Chicken Lima Beans Whole Kernel Corn
18 Meatloaf Tomato Gravy Whipped Potatoes Spring Vegetables	19 Home Style Chicken & Rice Butternut Squash Broccoli	20 Bean Tamale Pie Whole Kernel Corn Sliced Carrots	21 BBQ Pork Rib Patty Tator Gems Green Beans w/ Onions	22 Coconut Chicken Jasmine Rice Spinach	23 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	24 Baked Chicken Country Gravy Black Beans Cauliflower
25 Macaroni & Cheese Green Peas California Vegetables	26 Turkey Pot Pie Lentils Diced Beets	27 Rosemary Sliced Ham Black Eyed Peas Okra & Tomatoes	28 Hamburger Patty Ranch Beans Hot Cinnamon Apples	29 Lemon Pepper Fish Confetti Rice Broccoli	30 Breaded Chicken Patty Poultry Gravy Roasted Sweet Potatoes Cauliflower	31 Beef w/ Rosemary Gravy Black-Eyed Peas Spinach HALLOWEEN

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October 2021 Menu-Vegetarian

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4 Eggplant Parmesan Lima Beans Diced Beets	5 Spinach & Cheese Lasagna Capri Vegetables Broccoli	6 Vegetarian Taco Spanish Rice Black Beans	7 Broccoli Cheese Bake Black-Eyed Peas Medley Cabbage	8 Corn Chowder Garlic Whipped Potatoes Herbed Green Beans	9 BBQ Vegetarian Meatballs Ranch Beans Cauliflower	10 Bean Chili Crispy Cubed Potatoes Green Beans & Carrots
11 Spaghetti Torte Broccoli Glazed Carrots COLUMBUS DAY	12 Cheese Omelet Parslied Rice Stewed Tomatoes	13 Bean & Cheese Burrito Chuck Wagon Corn Cauliflower	14 Bean Chili Oven Roasted Potatoes Spinach	15 Crustless Spinach Quiche Mixed Beans Catalina Vegetables	16 Black Bean Burger Baked Beans California Vegetables	17 Cheese Omelet Lima Beans Whole Kernel Corn
18 Broccoli Strata Whipped Potatoes Spring Vegetables	19 Vegetarian Pot Pie Butternut Squash Broccoli	20 Bean Tamale Pie Whole Kernel Corn Sliced Carrots	21 BBQ Garden Burger Tater Gems Green Beans w/ Onions	22 Chickpea Stir Fry Jasmine Rice Spinach	23 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	24 Vegetarian Meatballs w/ Country Gravy Black Beans Cauliflower
25 Macaroni & Cheese Green Peas California Vegetables	26 Tater Tot Casserole Lentils Diced Beets	27 Corn Chowder Black Eyed Peas Okra & Tomatoes	28 Black Bean Burger Ranch Beans Hot Cinnamon Apples	29 Eggplant Parmesan Confetti Rice Broccoli	30 White Bean Chili Roasted Sweet Potatoes Cauliflower	31 Three Cheese Penne Black-Eyed Peas Spinach HALLOWEEN

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October 2021 Menu-Chicken/Vegetable

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*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons.				1 Turkey Breast w/ Gravy Ranch Whipped Potatoes Capri Vegetables	2 BBQ Chicken Meatballs Ranch Beans Sliced Carrots	3 Bean and Cheese Burrito Whole Kernel Corn Green Beans
4 Parmesan Chicken Lima Beans Diced Beets	5 Spinach & Cheese Lasagna Capri Vegetables Broccoli	6 Vegetarian Taco Spanish Rice Black Beans	7 Broccoli Cheese Bake Black-Eyed Peas Medley Cabbage	8 Corn Chowder Garlic Whipped Potatoes Herbed Green Beans	9 BBQ Chicken Meatballs Ranch Beans Cauliflower	10 Bean Chili Crispy Cubed Potatoes Green Beans & Carrots
11 Turkey Tetrizzini Broccoli Glazed Carrots COLUMBUS DAY	12 Cheese Omelet Parslied Rice Stewed Tomatoes	13 Oven Fried Chicken Thigh Chuck Wagon Corn Cauliflower	14 Bean Chili Oven Roasted Potatoes Spinach	15 Crustless Spinach Quiche Mixed Beans Catalina Vegetables	16 Black Bean Burger Baked Beans California Vegetables	17 Cranberry Chicken Lima Beans Whole Kernel Corn
18 Broccoli Strata Whipped Potatoes Spring Vegetables	19 Home Style Chicken & Rice Butternut Squash Broccoli	20 Bean Tamale Pie Whole Kernel Corn Sliced Carrots	21 BBQ Garden Burger Tator Gems Green Beans w/ Onions	22 Coconut Chicken Jasmine Rice Spinach	23 Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	24 Baked Chicken Country Gravy Black Beans Cauliflower
25 Macaroni & Cheese Green Peas California Vegetables	26 Turkey Pot Pie Lentils Diced Beets	27 Corn Chowder Black Eyed Peas Okra & Tomatoes	28 Black Bean Burger Ranch Beans Hot Cinnamon Apples	29 Eggplant Parmesan Confetti Rice Broccoli	30 Breaded Chicken Patty Poultry Gravy Roasted Sweet Potatoes Cauliflower	31 Three Cheese Penne Black-Eyed Peas Spinach HALLOWEEN