October 2026 Meals on Wheels Menu

This menu meets the nutritional guidelines required by the Kansas Department of Aging & Disability Services. (KDADS).

Monday	Tuesday	Wednesday	Thursday	Friday
Wathena-785-989-3501 **Highland-785-442-5550** **Elwood-913-365-2409** **Troy-785-985-2296**	**A donation of $5.00 is requested if you are over 60. If you are under 60, you are required to pay $9.00, the actual cost of the meal.**		**1** **BEEF & NOODLES** **MASHED POTATOES** **BEETS** **WHEAT ROLL** **PIE/FRUIT/MILK**	**2** **CATFISH NUGGETS** **POTATO WEDGES** **VEGETABLE BLEND** **CORNBREAD/HONEY** **COOKIE** **MIXED FRUIT/MILK**
5 **MCRIB** **BAKED POTATO/SC** **SWEET CARROTS** **WHEAT BREAD** **COOKIE/FRUIT/MILK**	**6** **COUNTRY FRIED STEAK** **MASHED POTATOES** **GRAVY** **COUNTRY GREEN BEANS** **W. ROLL/FRUIT/ MILK**	**7** **CHILI** **CARROTS/CELERY** **CHEESE/W. CRACKERS** **CINNAMON ROLL** **FRUIT/MILK**	**8** **SWEDISH MEATBALLS** **MAC AND CHEESE** **VEGETABLE BLEND** **WHEAT ROLL** **PIE/MILK**	**9** **MINESTRONE SOUP** **WHEAT CRACKERS** **TUNA SALAD W/CROISSANT** **SIDE SALAD/DRESSING** **COOKIE/FRUIT/MILK**
12 **NO MEAL**	**13** **GOULASH** **GARLIC BREAD** **GREEN BEANS** **FRUIT CRISP** **MILK**	**14** **SWEET & SOUR** **MEATBALLS** **FRIED RICE** **SWEET CARROTS** **WHEAT ROLL/JELLO** **MILK**	**15** **CHICKEN POT PIE FILLING** **BISCUIT** **SALAD W/TOMATOES** **DRESSING** **WHEAT CRACKERS** **FRUIT/MILK**	**16** **CHILI DOG W/BUN** **CHIPS** **BROCCOLI SALAD** **COLESLAW** **STRAWBERRY SHORTCAKE** **MILK**
19 **CHICKEN ENCHILADA** **CHIPS AND SALSA** **CORN** **COOKIE/ORANGE** **MILK**	**20** **BBQ MEATLOAF** **MASHED POTATOES** **W/BROWN GRAVY** **CALIFORNIA BLEND** **WHEAT ROLL** **PIE/MILK**	**21** **LEMON PEPPER CHICKEN** **THIGHS** **MASHED POTATOES** **W/GRAVY** **COUNTRY GREEN BEANS** **WHEAT BREAD** **COOKIE/MILK**	**22** **BEEF STEW** **BISCUIT** **SALAD W/DRESSING** **CHERRY TOMAOTES** **FRUIT** **MILK**	**23** **FRIED COD** **RED SKIN POTATOES** **VEGETABLE BLEND** **WHEAT ROLL** **JELLO/FRUIT** **MILK**
26 **FRIED CHICKEN** **MAC AND CHEESE** **SWEET CARROTS** **WHEAT BREAD** **FRUIT** **MILK**	**27** **SLOPPY JO W/ WHEAT BUN** **PICKLE SPEAR** **POTATO WEDGES** **BAKED BEANS** **JELLO CAKE/MILK**	**28** **TURKEY & CHEESE HOAGIE** **RELISH PLATE** **CHIPS** **COLESLAW** **COOKIE/FRUIT CUP** **MILK**	**29** **CHICKEN SALAD** **W/CROISSANT** **PASTA SALAD** **TOMATO SLICES** **SIDE SALAD W/DRESSING** **FRUIT/MILK**	**30** **BROCCOLI & CHEESE SOUP** **SIDE SALAD W/DRESSING** **CHERRY TOMATOES** **BAKED POTATO/SC** **CRACKERS** **PUDDING/MILK**