



**MEALS on WHEELS**  
**CHEYENNE**

TOGETHER, WE CAN DELIVER.

# MENU

**MONDAY**  
**OCTOBER 4**

Chicken Cordon Bleu  
Wild Rice  
Peas & Carrots  
Fresh Plum  
Berry Poke Cake

**TUESDAY**  
**OCTOBER 5**

Butternut Squash Ravioli  
Roasted Tomatoes  
Kale Salad  
Apple Cobbler

**WEDNESDAY**  
**OCTOBER 6**

Chili  
Winter Blend Vegetables  
Fresh Cherries  
Breadstick  
Coffee Cake

**THURSDAY**  
**OCTOBER 7**

Salmon Alfredo  
Penne Pasta  
Roasted Squash  
Peaches & Pears  
Ciabatta Bread  
Monster Cookie Bar

**FRIDAY**  
**OCTOBER 8**

Autumn Salad with Steak  
Grapes  
Sweet Potato Roll with Honey  
Yogurt

*If you need to cancel your meal  
please contact our office  
by 9:30am  
at (307) 635-5542.*

**MENU SUBJECT TO CHANGE  
BASED ON AVAILABILITY AND  
DIETARY RESTRICTIONS**

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