



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

TOGETHER, WE CAN DELIVER.

# MENU

## October Meal Sponsor



<p>MONDAY OCTOBER 10</p>	<p>Chicken &amp; Dumplings Winter Blend Roasted Parsnips Red Velvet Whoopie Pie</p>
<p>TUESDAY OCTOBER 11</p>	<p>Lentil Chili Cornbread White &amp; Yellow Corn Strawberry Spinach Salad Churro Bars</p>
<p>WEDNESDAY OCTOBER 12</p>	<p>Kielbasa with Peppers &amp; Onions Roasted Potato Steamed Cabbage Fruit Salad Black Forest Cake</p>
<p>THURSDAY OCTOBER 13</p>	<p>Italian Beef Brioche Bun Roasted Squash Artichokes Lemon Meringue Pie</p>
<p>FRIDAY OCTOBER 14</p>	<p>Turkey Avocado Power Bowl Mandarin Oranges Yogurt Strawberry Shortcake Cookie Bar</p>

*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