



MEALS on WHEELS

CHEYENNE

TOGETHER, WE CAN DELIVER.

MEALS on WHEELS® CHEYENNE

October

The
Therapy Center

MEAL SPONSOR

AT LIFE CARE CENTER OF CHEYENNE



If you need to cancel your meal, please contact the office before **8:30am** at (307) 635-5542.

new
MENU

MONDAY
OCTOBER 12

Spaghetti with Meat Sauce
Garlic Knot
Braised Kale
Opal Apple
Dutch Blueberry Pie

TUESDAY
OCTOBER 13

Chicken & Dumplings
Carnival Cauliflower
Spiced Berries
Cottage Cheese

WEDNESDAY
OCTOBER 14

Tofu Eggroll Bowl
Spring Roll
Sesame Cucumber Salad
Mango
Matcha Milk Cake

THURSDAY
OCTOBER 15

Chicken Fried Pork with Gravy
Hush Puppies
Monte Carlo Blend
Fresh Pineapple
Smore's Cookie

FRIDAY
OCTOBER 16

Smoked Salmon Bagel
Broccoli Salad
Tropical Fruit Cup
Peanut Butter Rice Krispie

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

2015 S. Greeley Hwy • Cheyenne, WY 82007

(307) 635-5542 • mealsonwheelsofcheyenne.com