



MEALS on WHEELS
CHEYENNE

TOGETHER, WE CAN DELIVER.

MENU

October Meal Sponsor



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| <p>MONDAY OCTOBER 3</p> | <p>Cheesy Chicken and Rice Casserole Santa Barbara Blend Fresh Apple Cherry Cobbler Wheat Roll</p> |
| <p>TUESDAY OCTOBER 4</p> | <p>Spaghetti Squash Lasagna Italian Blend Caesar Salad Earl Grey Cake with Honey Buttercream Breadstick</p> |
| <p>WEDNESDAY OCTOBER 5</p> | <p>Poutine Potato Wedges French Green Beans Banana Maple Bar</p> |
| <p>THURSDAY OCTOBER 6</p> | <p>Pecan Crusted Salmon Butternut Squash Ravioli Sautéed Garlic Kale Spiced Cranberries Oatmeal Raisin Cookie</p> |
| <p>FRIDAY OCTOBER 7</p> | <p>Mediterranean Flatbread Chive Cottage Cheese Dried Apricots Zucchini Bread</p> |

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

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