

OCTOBER

HOMEBOUND, NHWW, PVT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	Skim milk with each meal		Kalua Pork and Cabbage Brown Rice Sliced Carrots Pineapple/Madarin Oranges	Chili and Beans Brown Rice Peas and Carrots Cinnamon Peaches
5	6	7	8	9
Sweet and Sour Pork Brown Rice Oven Snow Peas Diced Pears	BBQ Chicken Brown Rice Broccoli Fruit Cocktail	Tuna Sandwich Sliced Bread Lettuce and Tomato Wedge Orange	Kalua Pork and Cabbage Brown Rice Sliced Carrots Pineapple/Mandarin Oranges	Chile and Beans Brown Rice Peas and Carrots Cinnamon Peaches
12	13	14	15	16
Shoyu Chicken Brown Rice Peas and Carrots Fruit Cocktail	Pan Lau Lau Brown Rice Sliced Carrots Pineapple Chunks	Battered Fish w/Tartar Sauce Brown Rice Chef's Vegetable Diced Pears	Curry Pork Brown Rice Green Peas Peaches	Ham & Cheese Sandwich Sliced Bread Lettuce and Tomato Diced Pears
19	20	21	22	23
Teriyaki Chicken Brown Rice Mixed Vegetable Pineapple Chunks	Korean BBQ Beef Brown Rice Broccoli Sliced Peaches	Turkey Sandwich Sliced Bread Lettuce and Tomato Diced Pears	Honey Ginger Chicken Brown Rice Peas and Carrots Mandarin Oranges	Spaghetti w/Meat Sauce and Parmesan Cheese Sliced Bread Mixed Vegetables Sliced Apple
26	27	28	29	30
Coconut Curry Chicken Brown Rice Diced Carrots Diced Peaches	Beef Tomato Brown Rice Mixed Vegetables Sliced Apple	Kalua Roast Pork Brown Rice Spinach Pineapple Chunks	Beef and Bean Pasta Whole Grain Bread Steamed Broccoli Diced Pears	Adobo Chicken Brown Rice Chef's Vegetable Mixed Fruit Medley

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2 - Fax: (202) 690-7442; or

3 - email: program_intake@usda.gov