

October 2025

MEALS ON WHEELS - IND

All meals are made in Independence
served every weekday.

Extra meals can be ordered.

Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
MENU SUBJECT TO CHANGE			1 - Italian Chicken - Scalloped Potatoes - Carrots	2 - Meatloaf - Mashed Potatoes & Gravy - Green Beans	3 - Riblets - Mac & Cheese - Peas	4
5	6 - Bobby's Chicken Stuffing Bake - Mixed Vegetables	7 - Shepards Pie - Antigua Veg.	8 - Sausage Au Gratin - Corn	9 - Oven Baked Chicken - Mashed Potatoes -Peas & Carrots	10 - BBQ Pulled Pork - Baked Beans - Cauliflower w/ Cheese	11
12	13 - Sliced Ham - Scalloped Potatoes - Green Beans	14 - Chicken Al Fredo - Carrots	15 - Salisbury Steak - Mashed Potatoes - Peas	16 - Sour Cream Pork - Noodles - Normandy Veg.	17 - Fish - Mac & Cheese - Spinach	18
19	20 - BBQ Chicken - Tater Tots - Corn	21 - Sloppy Joe Bake - Mixed Veg.	22 - Biscuits & Gravy - Sausage Patty - Applesauce	23 - Parmesan Chicken - Mashed Potatoes / Gravy - Green Beans	24 - Ham & Beans - Broccoli	25
26	27 - Tuna Casserole - Mixed Veg.	28 - Hot Turkey Sandwich - Mashed Potatoes - Carrots	29 - Chicken & Wild Rice - Peas	30 - Spaghetti & Meatballs - Italian Veg.	31 - Fish Sticks - Mac & Cheese - Corn	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE