

October 2026

Meals On Wheels

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 - BBQ Pulled Pork - Baked Beans - Corn	2 - White Chili - Carrots	3
4	5 - Salisbury Steak - Mashed Potatoes - Green Beans	6 - Cider Ham - Au Gratin Potatoes - Beets	7 - Chicken Stuffing Bake - Cauliflower	8 - Spaghetti & Meatballs - Italian Veg.	9 - Ham & Beans - California Medley	10
11	12 - Italian Chicken - Scalloped Potatoes - Carrots	13 - Breakfast Casserole - Spiced Peaches	14 - Ham & Cheese Sandwich - Cottage Cheese - Chips	15 - Meatloaf - Mashed Potatoes - Green Beans	16 - Chicken Al Fredo - Sway Veg.	17
18	19 - Shepherd's Pie - Cauliflower & Cheese	20 - Pork Enchiladas - Spanish Rice	21 - BBQ Chicken - Tater-Tots - Peas	22 - Sour Cream Pork & Noodles - Broccoli	23 - Biscuits & Gravy - Sausage Patty	24
25	26 - Chicken & Rice - Veg. Medley	27 - Beefy Mac & Cheese - Carrots	28 - Apple Glazed Pork - Buttered Noodles - Corn	29 - Chicken Patty - Mashed Potatoes - Green Beans	30 - Chili Frito Pie - Peas & Carrots	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE