

October 2026

Lunch is served promptly at 12 noon. If you are not here by 12:05 your meal may be given away.

For reservations, please email or call Tricia by 1:30 p.m. the business day before at PMorgan@louisvilleco.gov or (303) 335-4931. **Suggested donation for 60+: \$4.75 for 59 & under the cost is \$17.50. Menu subject to change.**

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Salads: Grilled Chicken, Chef Salad, or Veggie Salad w/ hard boiled eggs	Vegetarian Options: Grilled Veggie Wrap Salad Orange		1 Mediterranean Sundried Tomato Quiche Mixed Green Salad Orange Crusty Bread	2 Blackened Chicken Quinoa Marinated Veggies Grapes Whole Wheat Roll
5 Chicken Enchiladas Sour Cream & Salsa Spanish rice Mexican Slaw Whole Orange	6 Spinach Manicotti California Veggies Tossed Salad Peaches Herbed Roll	7 Eclectic Rendition Beef Stuffed Peppers Roasted Cauliflower & Carrots Apricots Whole Wheat Roll	8 Bingo Fish Sandwich with Tartar Sauce French Fries Coleslaw Grapes	9 Barbed Wire Pulled Pork BBQ Sliders on One Whole Wheat Bun Black Beans Creamy Coleslaw Melon Medley
12 Parmesan Crusted Tilapia with Wild Rice Blend Spinach Salad Peaches Whole Wheat Roll	13 Pork Carnitas Flat Bread Pinto Beans Pico de Gallo Esquites Whole Orange	14 Spinach Enchiladas Sour Cream & Salsa Spanish rice Mexican Slaw Whole Orange	15 Sweet & Sour Meatballs Rice Noodles Broccoli Apricots	16 Bruschetta Chicken on Buttered Pasta Spinach Apple Whole Wheat Roll
19 Tofu Stir-Fry with Mixed Vegetables Brown Rice Orange	20 Battered Fried Fish Spinach Bake Tomato & Cucumber Salad Pear Halves Whole Wheat Roll	21 Eclectic Rendition Birthday Lunch White Chicken Caprese Lasagna Spinach Salad with Balsamic Dressing Banana Sesame Roll	22 Bingo Breakfast Casserole Blueberry Muffin Banana	23 Barbed Wire French Dip on a Whole Wheat Hoagie Au Jus Broccoli & Peanut Salad Apple Horseradish
26 Beef Broccoli Stir Fry Brown Rice Asian Slaw Whole Banana Whole Wheat Roll	27 Creamy Pork Chops on Fusilli Grilled Zucchini, Carrots & Onions Pineapple Chunks Sesame Roll	28 Salsa Verde Cheese Enchiladas with Mexican Rice Mexican Chopped Salad Black Beans Sour Cream Plum	29 Crab Quiche Spinach Salad with Pine Nuts with Balsamic Dressing Banana Whole Wheat Roll	30 Stuffed French Toast with Maple Syrup Bacon Yogurt Fruit Parfait

Meals prepared in a facility with wheat, nuts & milk. *Allergen information available upon request.*

Meals on Wheels offers an option of home delivery & weekend meals, please call 303-665-0566