

OCTOBER 2026

MEALS on WHEELS[®] SACRAMENTO COUNTY

Menu subject to change without notice. For menu translations and nutritional information, visit www.mowsac.org

QUESTIONS? PLEASE CALL:
(916) 444-9533

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Cheese Tamale with Brown Rice Beans & Corn 100 % fruit juice 1	Cheeseburger Slider Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk 2
Creamy Mushroom Chicken with Brown Rice Green Beans Applesauce 1% Milk 5	Veggie & Cheese Omelet with Bell Peppers & Onions Oat Cluster Hash browns Mandarin Oranges 1% Milk 6	Broccoli Beef Brown Rice, Peas & Carrots Fresh Pear 1% Milk 7	Southwest Chicken Bowl with Wild Rice, Beans, Corn & Green Chilies Provolone & Mozzarella Cheese Salsa 100% fruit juice 8	BBQ Chicken with Yellow Corn Sweet Potatoes Whole Grain Bread Slice Fresh Orange 1% Milk 9
Fish Sticks with Brown Rice, Broccoli & Carrots Mandarin Oranges 1% Milk 12	Country Fried Steak Mashed Potatoes with Gravy Carrots Whole Grain Bread Slice Applesauce 1% Milk 13	Whole Wheat Pancake with Syrup, Hash browns Turkey Link Fresh Orange 1% Milk 14	Cheese Quesadilla Wild Rice Black & White Beans, Corn & Onion 100% fruit juice 15	Spaghetti & Meatballs Marinara Vegetable Blend Fresh Pear 1% Milk 16
Philly Cheese Steak Sliders on Whole Wheat Bun with Bell Peppers, Onions & Cheese Fresh Orange 1% Milk 19	Beef Taquitos with Brown Rice Beans & Corn Sour Cream Pear 1% Milk <i>NEW ITEM!</i> 20	Curry Chicken with Brown Rice, Green Beans Applesauce 1% Milk 21	Cheese Ravioli with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice 100% fruit juice 22	English Muffin Sandwich Whole Wheat English Muffin with Egg & Turkey Patty Hash browns Mandarin Oranges 1% Milk 23
French Toast Sticks Eggs Hashbrowns Applesauce 1% Milk 26	Beef Stroganoff with Whole Wheat Pasta Steamed Peas & Carrots Fresh Pear 1% Milk 27	Teriyaki Chicken with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk 28	Chicken Cheese Tamale with Brown Rice Beans & Corn 100 % fruit juice 29	Cheeseburger Slider Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk 30

ALLERGEN NOTICE: Prepared in a facility that processes common allergens. Please check ingredient list on meal for details.

VEGETARIAN : 

SHELLFISH: 

FISH OIL: 

WHEAT: 

OCTUBRE 2026

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Menú sujeto a cambios sin previo aviso. Para traducciones del menú e información nutricional, visite: www.mowsac.org

¿PREGUNTAS? POR FAVOR LLAME AL:

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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			Tamal de Pollo con Arroz Integral Frijoles y Maíz Jugo de frutas 1	Hamburguesa con Queso con Pan Integral Batatas Naranja Fresca Leche 1%  2
Pollo Cremoso de Champiñones con arroz integral Judías Verdes Puré de Manzana Leche 1% 5	Omelette de Verduras y Queso Con Pimientos y cebolla Galleta de avena Patatas ralladas Naranjas Mandarinas Leche de 1%  6	Carne de Res y Brócoli con Arroz Integral chicharos y zanahorias Pera Bartlett fresca Leche 1%  7	Tazon de pollo al Suroeste con Arroz Salvaje, Frijoles Maíz y chili verdes Queso Provolone y Mozzarella Salsa Jugo de frutas 8	Pollo Barbacoa con Maíz Batatas Rebanada de pan integral y Naranja Fresca Leche 1%  9
Palitos de Pescado con Arroz integral y Zanahorias Brócoli cocido al vapor Naranjas Mandarinas Salsa Tártara Leche 1%  12	Bistec Empanizado con Gravy Zanahorias y Papas Rojas Pan integral Pure de Manzana Leche 1%  13	Panqueques Integrales con jarabe de arce salchicha de pavo Patatas ralladas naranja fresca Leche 1% 14	Quesadilla de Queso con Arroz Salvaje Frijoles y Maíz Jugo de frutas  15	Espaguetis y Albóndigas con Pasta Integral y Marinara Verduras Mixtas Pera Bartlett Fresca Leche 1%  16
Mini Sandwiches de Carne Con queso al estilo Philly en pan integral con pimientos morrones, cebollas y queso naranja fresca Leche 1%  19	Taquitos de Res Con Arroz Integral Frijoles y Elote Crema Agria Pera Fresca Leche 1% 20	Pollo Al Curry Arroz integral Judías verdes Puré de Manzana Leche 1% 21	Ravioli de Queso con Pesto con frijoles, zanahoria, aceitunas y pimientos pan integral Jugo de frutas  22	Sándwich de muffin Ingles Muffin inglés integral con huevo y salchicha de pavo Papa de desayuno Naranjas Mandarinas Leche 1%  23
Palitos Franceses Tostados Huevos Patatas ralladas Pure de Manzana Leche 1%  26	Strogonoff de Carne con Pasta Integral Chicharos y Zanahorias Cocido al Vapor Pera Bartlett Fresca Leche 1%  27	Pollo Teriyaki con Arroz Integral Brócoli y Zanahorias al Vapor Naranjas Mandarinas Leche 1% 28	Tamal de Pollo con Arroz Integral Frijoles y Maíz Jugo de frutas 29	Hamburguesa con Queso con Pan Integral Batatas Naranja Fresca Leche 1%  30

AVISO DE ALÉRGENOS: Preparado en instalaciones que procesan alérgenos comunes. Consulte la lista de ingredientes del plato para obtener más información.

VEGETARIANO: 

MARISCOS: 

ACEITE DE PESCADO: 

TRIGO: 

2026年 10月

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菜单如有更改, 恕不另行通知。如欲菜单译本和营养资料, 请上互联网 www.mowsac.org

:如有问题, 请致电:
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星期一	星期二	星期三	星期四	星期五
			芝士鸡肉墨西哥粽 糙米饭 豆、玉米 100% 果汁 1	芝士汉堡包 全麦包 甘薯 橙子 1% 牛奶 2
奶油蘑菇鸡块 糙米饭 四季豆 苹果酱 1% 牛奶 5	蔬菜芝士煎蛋卷 配甜椒、洋葱 燕麦堆 煎马铃薯饼 橘子 1% 牛奶 6	西兰花牛肉糙米饭 碗豆 甘笋 梨子 1% 牛奶 7	西南式鸡肉野米饭 含豆、玉米、青辣椒 义大利芝士 墨西哥莎莎酱 100% 果汁 8	烧烤鸡 配玉米、甘薯 全麦面包片、黄油 橙子 1% 牛奶 9
鱼棒 糙米饭 西兰花、甘笋 橘子 1% 牛奶 12	炸牛排 甘笋、红皮薯 肉汁 全麦面包片 苹果酱 1% 牛奶 13	全麦薄烤饼配枫糖浆 煎马铃薯饼 火鸡香肠 橙子 1% 牛奶 14	墨西哥芝士馅饼 糙米饭 豆、玉米、洋葱 100% 果汁 15	牛肉丸子全麦义大利面 番茄酱 杂菜 梨子 1% 牛奶 16
费城芝士牛肉包 全麦包 甜椒、洋葱、芝士 橙子 1% 牛奶 19	墨西哥卷饼 配糙米饭 豆、玉米 梨子 1% 牛奶 20	咖喱鸡 糙米饭 四季豆 苹果酱 1% 牛奶 21	义大利芝士云吞 罗勒大蒜酱 豆、甘笋、橄榄、辣椒 全麦面包片 100% 果汁 22	全麦英式松饼三明治 蛋、火鸡肉饼 煎马铃薯饼 橘子 1% 牛奶 23
法式吐司条 鸡蛋 煎马铃薯饼 苹果酱 1% 牛奶 26	俄式酸奶牛肉全麦面 碗豆、甘笋 梨子 1% 牛奶 27	日式照烧鸡 糙米饭 西兰花、甘笋 橘子 1% 牛奶 28	芝士鸡肉墨西哥粽 糙米饭 豆、玉米 100% 果汁 29	芝士汉堡包 全麦包 甘薯 橙子 1% 牛奶 30

过敏原告示: 食物工场经常处理常见的过敏原。请查看餐盒上的食材清单以了解详情。

素食: 

贝壳类: 

鱼油: 

小麦: 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	Broccoli Bowtie Pasta Grilled chicken Wheat Roll Fruit 1% Milk 
5	6	7	8	Mediterranean Chicken Tzatziki Sauce Roasted Veggie Mix Brown Rice Fruit 1% Milk
12	13	14	15	Honey Mustard Pork Roasted Veggie Mix Brown Rice Fruit 1% Milk
19	20	21	22	Loaded Sweet Potato Turkey Wheat Roll Fruit 1% Milk 
26	27	28	29	Spaghetti & Meatballs Marinara Roasted Veggie Mix Fruit 1% Milk
				30

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	Pesto Basil Chicken Sandwich Tomato, Lettuce, Cheese Tangerine 1% Milk 6	Pesto Basil Chicken Sandwich Tomato, Lettuce, Cheese Tangerine 1% Milk 7	8	9
12	Mexican Chopped Salad Chicken & Black Beans Bell Peppers, Onion Corn & Tortilla strips Honey-Lime Dressing Fruit 1% Milk 13	Mexican Chopped Salad Chicken & Black Beans Bell Peppers, Onion Corn & Tortilla strips Honey-Lime Dressing Fruit 1% Milk 14	15	16
19	Mediterranean Grilled Chicken Roasted Veggies Hummus Pita Bread Fruit 1% Milk 20	Mediterranean Grilled Chicken Roasted Veggies Hummus Pita Bread Fruit 1% Milk 21	22	23
26	Southwest Chicken Salad Roasted Veggies Cheese Tortilla Strips Cilantro Lime Vinaigrette Fruit 1% Milk 27	Southwest Chicken Salad Roasted Veggies Cheese Tortilla Strips Cilantro Lime Vinaigrette Fruit 1% Milk 28	29	30

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