



October 2026 Meals on Wheels Menu

	Main Meal	Soup or Salad	Dessert
Friday, October 2	Sausage Fried Potatoes, Baked Beans	Chicken Noodle Soup	Cookies
Tuesday, October 6	Spaghetti & Meat Sauce Garlic Bread	Caesar Salad	Cake
Friday, October 9	Turkey, Cranberries, Potatoes, Gravy, and Mixed Beans	Tomato Soup	Butter Tart
Tuesday, October 13	Chicken Schnitzel Mashed Potatoes, Peas & Carrots	Green Salad	Square
Friday, October 16	Pork Roast, Potato, Carrots	Vegetable Soup	Square
Tuesday, October 20	Shepherd's Pie, Bun & Peas	Green Salad	Cinnamon Roll
Friday, October 23	Chicken Tenders, Rice, Mixed Vegetables & Plum Sauce	Lasagna Soup	Lemon Tart
Tuesday, October 27	Cabbage Roll Casserole Biscuit, & Carrots	Coleslaw	Cookies
Friday, October 30	Fish, Tater Tots & Corn	Chicken Tortellini Soup	Lemon Brownie



Eganville & District Seniors

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