

Prairie Mountain Nutrition and  
Craigmountain Senior Citizens of  
**WINCHESTER**

Meals served Wednesdays at 12:00 noon



**WINCHESTER**

<https://prairiemountainnutrition.org>

**OCTOBER 2**

MEATLOAF  
BAKED POTATOE  
PEAS & CARROTS  
COLESLAW  
WARM APPLE SLICES  
WW BREAD

**OCTOBER 16**

BBQ CHICKEN  
GREEN BEANS  
MASHED POTATOES  
FRUIT COCKTAIL  
WW ROLL

**OCTOBER 23**

BAKED FISH  
TARTAR SAUCE  
STEAMED BROCCOLI  
PEACHES  
ROASTED POTATOES  
WW BREAD

**OCTOBER 9**

SWEET & SOUR PORK  
RICE PILAF  
STEAMED CALI BLEND VEG  
MANDARIN ORANGES  
GREEN SALAD  
WW ROLL

**OCTOBER 30**

HONEY LEMON CHICKEN  
CALIFLOWER & CARROTS  
APRICOTS  
RICE  
WW ROLL

\*All meals served with milk.

USDA is an equal opportunity provider and employer

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For more information contact Tiffany Forsmann 208-962-7393

Meals are subject to change