

**TUESDAY**

**THURSDAY**

**FRIDAY**

<p>Suggested Donation: \$3.50 per meal</p> <p>1% Milk served with all meals</p>	<p>October 1 <b>Swedish Meatballs*</b> Herbed Noodles Green Garden Salad/Ranch Mixed Vegetables Cherry Gelatin w/Whipped Topping</p>	<p>October 2 <b>Pork Riblett on a Bun</b> BBQ Sauce Baked Beans Pineapple Slaw Spiced Peaches</p>	<p><b>O C T O B E R  2 0 2 0</b></p>
<p>October 6 <b>Chicken Alfredo Bake</b> Normandy Blend Vegetables Garden Salas/Italian French Bread Hermit Bar</p>	<p>October 8 <b>Beef Patty w/Peppers*</b> Mashed Potatoes Capri Blend Vegetables Multigrain Bread Pineapple Fluff</p>	<p>October 9 <b>Turkey Sand Half</b> Shredded lettuce Cream of Broccoli Soup Green Garden Salad/Raspberry Vinaigrette Whole Wheat Bread Carrot Cake</p>	
<p>October 13 <b>Chicken w/Paprika Cream Sauce</b> Mashed Potatoes/Cream Sauce Herbed Carrots Whole Wheat Bread Vanilla Pudding</p>	<p>October 15 <b>Spaghetti w/Meat Sauce*</b> Green Beans w/Red Peppers Green Garden Salad/Spicy French Garlic Bread Birthday Cake</p>	<p>October 16 <b>Roast Pork</b> Pork Gravy Garlic Mashed Potatoes Broccoli Cracked Wheat Bread Joy's Applesauce Cookie</p>	
<p>October 20 <b>Ham &amp; Scalloped Potatoes</b> Capri Blend Vegetables Spinach/Romaine Salad/French Onion Bread Lemon Bar</p>	<p>October 22 <b>Meatloaf*</b> Brown Gravy Mashed Potatoes Scandinavian Blend Vegetables Whole Wheat Bread Orange Whip</p>	<p>October 23 <b>BBQ Chicken on a Bun</b> Delmonico Potatoes Green Beans w/Red Peppers Apple Crisp</p>	
<p>October 27 <b>Beef Spanish Rice Bake*</b> Broccoli Cuts Garden Salas/Ranch Cinnamon Sugar Cookie</p>	<p>October 29 <b>Chicken Pastina</b> Green Beans Apple Cranberry Cole Slaw Whole Wheat Bread Pineapple Nut Cookie</p>	<p>October 30 <b>Pork Sausage Gravy</b> over Biscuit Tossed Salad/Italian Carrots Red Devil Beet Cake</p>	

**!!ATTENTION!!** For those who have food allergies, be aware that a large variety of foods are prepared in the kitchen, therefore, meals may be prepared with ingredients and foodservice equipment may come in contact with ingredients to which you may have an allergic reaction, such as nuts. **\*entrée contains ground beef, chicken and/or turkey**

**GLENDALÉ**  
176 Glendale Town Road  
Glendale, OR 97442

**GLIDE**  
20062 N. Umpqua Hwy  
Glide, OR 97443

**REEDSPORT**  
490 Winchester Ave.  
Reedsport, OR 97467

**RIDDLE**  
123 Parkside  
Riddle, OR 97469

**SUTHERLIN**  
202 E. Central Ave.  
Sutherlin, OR 97479

**WINSTON**  
440 Grape Street  
Winston, OR 97496

**YONCALLA**  
400 Main Street  
Yoncalla, OR 97499

**For more information about meal sites and Meals on Wheels contact: (541) 440-3677**

## MARK YOUR CALENDAR.....

### FLU SHOTS AROUND THE CORNER!

Times and locations coming soon



## Monday Chat Time

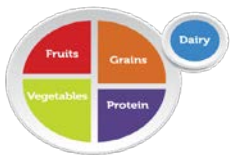
A social get together for people to talk about a variety of topics Hosted Monday at 10 am

For details Call 541-440-3677

Sponsored by Compass Behavioral Health and Douglas County Senior Services

## Here's a tip

Do you wonder how many vegetables and fruits you should eat at a meal? Look at your plate. Vegetables and fruits should fill up half the dish.



## MASK UP!

Reduce Risk of Transmission

COVID-19 Carrier

Others



HIGHEST RISK



HIGHER RISK



LOWER RISK



LOWEST RISK



## Tips to avoid scams

- Don't share Social Security or Medicare ID numbers or financial information with someone you don't know who contacts you in person or by phone, text message, social media message, or email.
- Be wary if someone asks you for money by wire transfer, gift cards, or a mobile payment app or asks you to cash their check and send a portion of the money back.

### • How to report a scam

- If you think you've been the victim of a scam, whether it's disaster-related or not, report it immediately to the Federal Trade Commission (FTC) at [ftc.gov/complaint](https://www.ftc.gov/complaint) or by calling 1-800-FTC-HELP (1-800-382-4357)