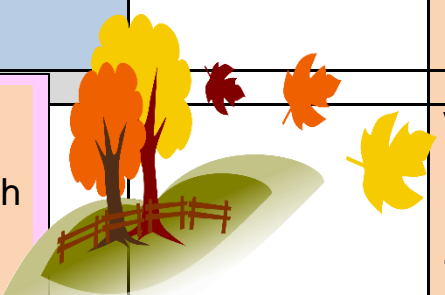


Meals on Wheels September 2019 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
CLOSED - 2	3	4	5	6	7	8
Delivered Friday 8/30 Hamburger w/bun Lettuce & Tomato Baked Beans Watermelon & Bar	Turkey Tetrizzini Egg Noodles Broccoli Diced Pineapple	Jamaican Chicken Mashed Sweet Potato Bursell Sprouts Dinner Roll & Butter Applesauce	Tuna Salad sandwich Coleslaw Blueberry Muffin ALT: Chicken Salad	Pork Stir Fry Brown Rice Warm Sliced Apples Choc. Sea Salt Cookie ALT: Chicken Stir Fry	Chili Mac Hotdish Delivered Thurs 9/5	Baked Ham Delivered Thurs 9/5
9	10	11	12	13	14	15
Rosemary Chicken Roasted potatoes Assorted Veggies Dinner roll Diced Peaches	Salisbury Steak Egg Noodles & Gravy Diced Carrots, Fresh Fruit mix, Choc. Banana Bar	Turkey Meatloaf Mashed Potatoes Green Beans Dinner Roll & Butter Diced Pineapple	Fish Taco Bowl Spanish Rice, Corn & Bean Salsa, Zucchini, Frosted Sugar Cookie ALT: Chicken taco	Mac & Cheese Vegetable blend Mandarin Oranges Choc. Chip Muffin	Beef Pot Roast Delivered Thurs 9/12	Orange Chicken Delivered Thurs 9/12
16	17	18	19	20	21	22
Greek Chicken w/pasta Zucchini Oatmeal Butterscotch cookie	Tuna Melt Served on WW bread Peas & Carrots Fresh Grapes ALT: Chicken melt	Latin Inspired Pork Red Beans & Rice Sweet Corn, Apple Slices, Oatmeal Choc. Chip cookie ALT: Latin Chicken	Beef Lasagna Steamed Broccoli Side Salad w/dressing Bread Pudding	Breakfast Hash Turkey Sausage Diced Pears English muffin & butter	Sloppy Joe Delivered Thurs 9/19	Pineapple Chicken Delivered Thurs 9/19
23	24	25	COLD – 26 - COLD	27	28	29
Pineapple Chicken Brown Rice Steamed Broccoli White Choc. Chip cookie	BBQ Pork sandwich Whole Wheat Bun Sweet Corn Warm diced Peaches ALT: BBQ Chicken	Lemon Garlic Tilapia Brown Rice Pilaf Peas & Carrots, Fresh Fruit, Tartar Sauce ALT: Lemon Chicken	Chicken Caesar salad Garlic Bread Fruit Cup Cookie	Chili Mac Casserole Baked Apples Green Beans Molasses Cookie	Salisbury Steak Delivered Thurs 9/26	Turkey Tetrizzini Delivered Thurs 9/26
30	SEPTEMBER CHOICE MEALS Call 651-653-3123 1. Salisbury Steak 2. BBQ Pork Sandwich 3. Parmesan Fish 4. Breakfast Hash				Oct 5	Oct 6
Cuban Beef Black beans & Rice Diced Carrots M&M Cookie					Vegetarian Lasagna Delivered Thurs 10/3	Beef Pot Roast Delivered Thurs 10/3

ALL Meals are served with your Choice of 1% Milk OR a variety of Juices

Call 651-653-3123 to order ALTERNATE Meal in yellow or Weekend Meals in pink