

Meals on Wheels September 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	1	2	3	4	5	6
NOTE Closure next week for Labor Day	Beef Sloppy Joe WW Bun Mashed potatoes Diced carrots Fresh fruit	Turkey Tetrzzini Turkey, Mixed veggies, egg noodles in a cream sauce, Broccoli, baked apples & spice cookie	Chicken Stir Fry Chicken, mushrooms, cabbage, carrots over brown rice, veggie blend & Choc cookie	Beef Tips in Gravy Egg noodles Peas & carrots Apple cinnamon coffee cake	Beef Stew Delivered Thurs 9/3	Chicken Casserole Delivered Thurs 9/3
	LABOR Day Closed	8	9	COLD 10 COLD	11	12
Meal Delivered Fri 9/4 Herb Roast Chicken w/gravy, sweet potatoes, zucchini dinner roll & cookie	Chili Mac casserole Ground beef, noodles in tomato sauce, Green beans, baked apples & Choc. chip muffin	Salisbury steak beef patty, mushroom gravy w/egg noodles Diced carrots, Oatmeal cookie & Applesauce	Chicken Salad Romaine lettuce Cucumber, tomato & carrots, French dress Dinner roll & Peaches	Breakfast Hash Cheesy scrambled eggs roasted potatoes Turkey sausage, diced pears, English muffin	Sloppy Joe Delivered Thurs 9/10	BBQ Chicken Delivered Thurs 9/10
	14	15	16	17	18	19
Tuna Melt w/Cheddar Cheese, Peas & Carrots, Wheat bread Sugar Cookie ALT: Chicken Melt	Chicken Enchilada Bake Chicken, tortilla, veggies w/cheese & sauce, Corn & peppers Veggie blend & cookie	Roast Turkey w/gravy, Green Beans, Stuffing Diced pineapple Blueberry muffin	Beef Lasagna Broccoli & baby carrots Dinner Roll w/butter Fresh fruit cup	Beef Chili Ground beef & beans, sliced Carrots, Corn Muffin Applesauce	Cuban Beef Delivered Thurs 9/17	Orange Chicken Delivered Thurs 9/17
	21	22	23	24	25	26
Beef Stew w/onions, potatoes, peas & carrots in beef gravy, Pineapple, Dinner roll & Bread pudding	SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Fruit Cocktail	Greek Lemon Chicken , Roasted potatoes, Diced Carrots, Dinner Roll Mandarin Oranges	Spaghetti w/meat sauce Steamed Broccoli Warm peach crumble Dinner Roll & Butter	Parmesan Crusted Fish , Brown Rice, California Veggies, Baby Carrots, cookie ALT: Parm. Chicken	Beef Quesadilla Delivered Thurs 9/24	Rosemary Chicken Delivered Thurs 9/24
	28	29	30	ALL Meals are served with your Choice of 1% Milk OR a variety of Juices		
Beef Sloppy Joe Mashed potatoes Diced carrots Fresh fruit	Turkey Tetrzzini Turkey, Mixed veggies, egg noodles in a cream sauce, Broccoli, baked apples & spice cookie	Chicken Stir Fry Chicken, mushrooms, cabbage, carrots over brown rice, veggie blend & Choc cookie	Oct 3			
				Chili Mac Casserole Delivered Thurs 10/1	Roast Turkey Delivered Thurs 10/1	

September CHOICE MEALS Call 651-653-3123

1. Beef Pot Roast 2. Rosemary Chicken 3. Egg & Cheese Strata
4. Ginger Soy Fish

Call 651-653-3123 to Order
ALT Meal in yellow OR
Weekend & Choice Meals in
Light Green