



MOUNDS VIEW MEALS ON WHEELS

SEPTEMBER 2026 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMEMBER TO CALL US AT 651-621-7950 AT LEAST 2 BUSINESS DAYS IN ADVANCE TO CANCEL YOUR MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL	*NEW* <u>Lemon Feta Chicken</u> Orzo Italian Vegetable Blend Dessert	<u>Salisbury Steak (DF)</u> Whole Wheat Egg Noodles Mushroom Gravy Five-Way Vegetable Blend Fruit Cup	*COLD* <u>Buffalo Chicken Dip</u> Celery Sticks, Baby Carrots Whole Wheat Pita Whole Fresh Pear	<u>Blueberry Sheet Pan Pancakes</u> Turkey Sausage Breakfast Hash Fruit Cup -
CLOSED FOR LABOR DAY NO MEAL DELIVERY MONDAY FROZEN MEAL CLIENTS WILL RECEIVE DELIVERY ON TUESDAY THIS WEEK	<u>Fish Taco Bowl (GFDF)</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Dessert <i>Alt: Chicken Taco Bowl (GFDF)</i>	<u>Pesto Chicken Pasta</u> Whole Wheat Pasta Broccoli Fruit Cup	<u>BBQ Chicken (GFDF)</u> Brown Rice Bell Peppers and Onions Corn Dessert	*COLD* <u>Mediterranean Pasta</u> <u>Salad (VEG)</u> Fruit Cup Dessert
<u>Tuna Noodle Casserole</u> Zucchini, Carrots and Green Beans Dessert <i>Alt: Chicken Noodle Casserole</i>	<u>Barley Pilaf with Ham and Vegetables</u> Barley, Brown Rice, Pesto, Peas, Asparagus, Spinach Carrot Coins Whole Fresh Pear Dessert <i>Alt: Barley Pilaf with Turkey and Vegetables</i>	<u>Tater Tot Breakfast Bowl</u> <u>(GF, VEG)</u> Tater Tots, Scrambled Egg, Sautéed Vegetables Dessert	*COLD* <u>Asian Chopped Chicken</u> <u>Salad (DF)</u> Rice, Edamame, Carrots, Bell Peppers, Chicken, Chow Mein Noodles Fruit Cup	<u>Sloppy Joe (DF)</u> Whole Wheat Hamburger Bun Roasted Potato Hash Green Beans Fruit Cup
<u>Roast Turkey Dinner (DF)</u> Whole Wheat Bread Stuffing Gravy Glazed Carrots Apple Slices	<u>Meatloaf (GFDF)</u> Dairy Free Mashed Potatoes Beef Gravy Zucchini, Yellow Squash, Green Beans Dessert	<u>Teriyaki Chicken (GFDF)</u> Brown Rice Sauteed Green Beans Fruit Cup Dessert	<u>Fish with Romesco (DF)</u> Buttered Whole Wheat Pasta Peas Fruit Cup <i>Chicken with Romesco (DF)</i>	*COLD* <u>Curried Chicken Salad</u> <u>(DF)</u> Spring Mix Three Bean Salad Whole Wheat Pita Dessert
<u>Herb Baked Fish (DF)</u> Mediterranean Barley Pilaf Roasted Sweet Potatoes Dessert <i>Alt: Herb Chicken (DF)</i>	<u>Mac and Cheese (VEG)</u> Whole Wheat Elbows Cauliflower, Italian Green Beans, Lima Beans, Carrots, Zucchini Fruit Cup Dessert	<u>Pasta with Meat Sauce</u> Whole Wheat Pasta Five-Way Vegetable Blend Fruit Cup	*COLD* <u>Chicken Caesar Salad</u> Dinner Roll and Butter Dessert	<u>BBQ Pork Loin (GFDF)</u> Baked Beans Potato Hash Banana <i>Alt: BBQ Chicken Breast (GFDF)</i>

We do our best to reflect the menu; however, meal substitutions may be necessary based on availability.

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