

September 2024 Meals on Wheels Menu

Monday 9/2/24	Tuesday 9/3/24	Wednesday 9/4/24	Thursday 9/5/24	Friday 9/6/24
CLOSED IN OBSERVANCE OF LABOR DAY	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD PEARS* HEALTHY HEART SPREAD MILK	CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD PINEAPPLE TIDBITS+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD BANANA+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 9/9/24	Tuesday 9/10/24	Wednesday 9/11/24	Thursday 9/12/24	Friday 9/13/24
STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD CINNAMON APPLES+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK	CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD CINNAMON APPLES+ HEALTHY HEART SPREAD MILK	BEEF PATTY MELT w/ONIONS & CHEESE O'BRIEN POTATOES SPINACH* BREAD ORANGE + HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS+ HEALTHY HEART SPREAD MILK
Monday 9/16/24	Tuesday 9/17/24	Wednesday 9/18/24	Thursday 9/19/24	Friday 9/20/24
MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* SLICED PEACHES* HEALTHY HEART SPREAD BREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD SLICED PEACHES* HEALTHY HEART SPREAD MILK	PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD PINEAPPLE TIDBITS* HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 9/23/24	Tuesday 9/24/24	Wednesday 9/25/24	Thursday 9/26/24	Friday 9/27/24
BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK	CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD BANANA+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT COCKTAIL+ HEALTHY HEART SPREAD MILK
Monday 9/30/24				
SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK			NOTE: MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE	WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).	Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions	Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement	+denotes vitamin C requirements