

MEALS ON WHEELS MENU - SEPTEMBER 2019

<p>2</p> <p>LABOR DAY!</p>	<p>3</p> <p>Three Bean Chili Squash Medley Corn Muffin Margarine Raisins</p>	<p>4</p> <p>Sliced Turkey with Gravy Cornbread Dressing Butternut Squash Flat Beans Dinner Roll Margarine Mini Moon Pie®</p>	<p>5</p> <p>Meatballs & Penne Pasta in Marinara Broccoli Italian Vegetables WW Bread Margarine Strawberry Applesauce</p>	<p>6</p> <p>WG Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables WG Bread/Margarine Mandarin Oranges</p>
<p>9</p> <p>Meatload w/ Apple Brown Gravy Skin-on Potatoes Stewed Tomatoes Apple Juice</p>	<p>10</p> <p>Honey Mustard Chicken Breast Potatoes Florentine Mixed Vegetables WW Bread Graham Crackers</p>	<p>11</p> <p>NY Strip Patty w/ Picadillo Sauce Green Peas Diced Sweet Potatoes WW Bread Pear Cup</p>	<p>12</p> <p>Chicken Parmesan Rosemary Potatoes Cheesy Spinach WW Bread Margarine Grape Juice</p>	<p>13</p> <p>Sliced Turkey w/ CranRaspberry Sauce Broccoli, Cauliflower, & Bean Medley Zuchini and Corn Dinner Roll/ Margarine Pineapple Cup</p>
<p>16</p> <p>Meatloaf Sofrito Diced Potatoes Butternut Squash WW Bread Pear Cup</p>	<p>17</p> <p>Turkey Lasagna w/ Tomatoes, Sauce, Cheese Broccoli, Cauliflower, Bean Blend WG Bread Chocolate Chip Cookie</p>	<p>18</p> <p>Oven Baked Chicken Yellow Rice with Tomatoes and Chives Green Beans WW Bread/Mar garine Raisins</p>	<p>19</p> <p>Beef Patty w/ Onion Gravy Mashed Potatoes Rutabaga/Red Pepper WG Bun Margarine Cup Mini Moon Pie®</p>	<p>20</p> <p>Chicken Stew Green Beans Apple Raisin Fruit WW Bread/Margarine Chocolate Chip Cookie</p>
<p>23</p> <p>Breaded Chicken with Country Pepper Gravy Turnip Greens Mashed Sweet Potatoes WG Bread Mini Moon Pie®</p>	<p>24</p> <p>Grilled Veal Chop w/ Mustard Sage Sauce Red Potatoes Maple Butternut Squash WW Bread/Margarine Chunky Applesauce</p>	<p>25</p> <p>Chicken Breast Patty over Rice Black Beans and Tomatoes Mixed Vegetables WW Bread/Margarine Grape Juice</p>	<p>26</p> <p>Macaroni & Cheese Seasoned Carrot Cuts Green Peas WW Bread/Margarine Orange Juice</p>	<p>27</p> <p>Chargrilled Beef Patty with Pizzaioli Sauce Green Beans Graham Crackers WG Bread/Margarine Pineapple-Mandarin Cup</p>
<p>30</p> <p>Beef Steak Patty w/ Mushroom Gravy Garlic Mashed Potatoes Squash and Green Bean Medley WG Bread Peach Cup</p>				<p>AniMeals Delivery Saturday, Sep 7</p> 

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat

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