



Meals on Wheels People Vegetarian Menu – September 2019

Mon 2 CENTERS CLOSED FOR LABOR DAY HOLIDAY

Tue 3 Vegetarian Quiche, Mini Broccoli, Spinach Salad w/Italian, Peanut Butter Mousse

Wed 4 Garden Burger, Green Beans, Chinese Trio Salad, Kiwi

Thu 5 Spinach Lasagna, Garden Blend Vegetables, Boston Bean Salad, Orange

Fri 6 Vegetarian Sloppy Joe, Capri Vegetables, Garden Salad/1000 Island, Cookie

Mon 9 Black Beans and Brown Rice, Capri Mix Vegetables, Spinach Salad w/Italian, and Raspberry Parfait

Tue 10 Southwest Quiche, Flavor Fiesta Vegetables, Creamy Cucumber salad, Banana, Chocolate Milk

Wed 11 Tofu Stir Fry, Brown Rice, Capri Mix Vegetables, Eastern European Salad, Orange

Thu 12 Plain Omelet w/ Salsa, Key West Blend Veg, Claremont Salad, Strawberry Gelatin w/Diced Pears

Fri 13 Vegetarian Meatloaf, Garden Blend Veg, Tossed Salad w/ French Dressing, Banana Bread

Mon 16 Baked Penne Pasta, Sliced Carrots, Spinach Salad w/ French, Lemon Gelatin w/Blueberries

Tue 17 Bean and Cheese Burrito, Peas and Carrots, Tossed Salad w/Italian, Orange

Wed 18 Spinach Lasagna, Garden Blend Veg, Cabbage Parsley Salad, Chocolate Cake

Thu 19 Vegetarian Sloppy Joe, White Rice, Capri Blend Veg, Vermicelli Noodle Salad, Apple

Fri 20 Cheese Ravioli w/Spaghetti Sauce, Italian Blend Vegetable, Chickpea Salad, Bread Pudding

Mon 23 Vegetarian Quiche, Mexican Blend Vegetables, Radish Salad, Orange

Tue 24 Vegetarian Meatloaf, Country Trio Vegetable, Spinach Salad with Italian, Seasonal Fruit

Wed 25 Beans & Brown Rice, Carrot Bean Blend, Tossed Salad w/Summer Dressing, Strawberry Luscious

Thu 26 Pumpkin Casserole, Scandinavian Blend Vegetables, Italian Coleslaw, Banana

Fri 27 Baked Penne Pasta, Italian Blend Vegetables, Patio Salad, Cookie

Holiday: Rosh Hashanah, evening of Sept 29 to evening of Oct 1

Mon 30 Garden Burger, Green Beans, Chickpea Salad, Seasonal Fruit