



Meals on Wheels People Menu – September 2019

Mon 2 Centers Closed for Labor Day Holiday

Tue 3 Asian BBQ Chicken, Red Potatoes, Mini Broccoli, Spinach Salad w/Italian Dressing, Peanut Butter Mousse
Tuna Sandwich, Butternut Squash Soup, Spinach Salad w/Italian Dressing, Peanut Butter Mousse

Wed 4 Taiwanese Beef Stew, Brown Rice, Green Beans, Chinese Trio Salad, Kiwi
Hawaiian Pizza, Green Beans, Chinese Trio Salad, Kiwi

Thu 5 Spinach Lasagna, Garden Blend Vegetables, Boston Bean Salad, Orange
Chicken Smitane w/Noodles, Garden Blend Vegetables, Boston Bean Salad, Orange

Fri 6 Pork Stroganoff, Rotini Noodles, Capri Vegetables, Garden Salad/1000 Island Dressing, Cookie
Somali Chicken, Rotini Noodles, Capri Vegetables, Garden Salad/1000 Island Dressing, Cookie

Mon 9 Beef and Broccoli, Brown Rice, Capri Mix Vegetables, Spinach Salad w/Italian Dressing, Raspberry Parfait
Beef Taco Salad, Capri Mix Vegetables, Spinach Salad w/Italian Dressing, Raspberry Parfait

Tue 10 Salisbury Steak w/ Gravy, Mashed Potatoes, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Banana, Chocolate Milk
Southwest Quiche, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Banana, Chocolate Milk

Wed 11 Chicken Breast w/Lemon Herb Sauce, Tri-Cut Potatoes, Capri Mix Vegetables, Eastern European Salad, Orange
Tofu Stir Fry, Brown Rice, Capri Mix Vegetables, Eastern European Salad, Orange

Thu 12 Turkey Roast w/Herbs & Apricot Sauce, Polenta, Key West Blend Vegetables, Claremont Salad, Strawberry Gelatin w/Diced Pears
Swedish Meatballs, Polenta, Key West Blend Vegetables, Claremont Salad, Strawberry Gelatin w/Diced Pears

Fri 13 Meat Lasagna, Garden Blend Vegetables, Tossed Salad w/ French Dressing, Banana Bread
Beer Battered Cod with Lemon, Garden Blend Vegetables, Tossed Salad w/ French Dressing, Banana Bread

Mon 16 Sloppy Joe on an Open Faced Hamburger Bun, Tri Cut Potatoes, Sliced Carrots, Spinach Salad w/ French, Lemon Gelatin w/Blueberries
Chicken Fajita Wrap, Tortilla Soup, Sliced Carrots, Spinach Salad w/ French, Lemon Gelatin w/Blueberries

Tue 17 Turkey Tetrizzini, Spaghetti Noodles, Peas & Carrots, Tossed Salad w/Italian Dressing, Orange
Rice and Chicken, Peas & Carrots, Tossed Salad w/Italian Dressing, Orange

Wed 18 Lemongrass Fish, Brown Rice, Garden Blend Vegetables, Cabbage Parsley Salad, Chocolate Cake
Shepherd's Pie, Garden Blend Vegetables, Cabbage Parsley Salad, Chocolate Cake

Thu 19 Sweet & Sour Chicken, White Rice, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple
Creamy Garlic Veggie Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple

Fri 20 Cheese Ravioli w/Spaghetti Sauce, Italian Blend Vegetables, Chickpea Salad, Bread Pudding
Pork Sliders, Potato Wedges, Italian Blend Vegetables, Chickpea Salad, Bread Pudding

Mon 23 Chicken & Rice, Mexican Vegetable Blend, Radish Salad, Orange
Beer Battered Cod with Lemon, Mexican Vegetable Blend, Radish Salad, Orange

Tue 24 Beef & Macaroni Casserole, Country Trio Vegetables, Spinach Salad with Italian Dressing, Seasonal Fruit
Open Face Turkey Sandwich, Lentil Soup, Spinach Salad w/Italian Dressing, Seasonal Fruit

Wed 25 Pork Tenderloin w/Dijon Sauce, Tri Cut Red Potatoes, Carrot Bean Blend, Tossed Salad w/Summer Dressing, Strawberry Luscious
Beans & Brown Rice, Carrot Bean Blend, Tossed Salad w/Summer Dressing, Strawberry Luscious

Thu 26 Swedish Meatballs, Spiral Noodles, Scandinavian Blend Vegetables, Italian Coleslaw, Banana
Chicken Teriyaki, Spiral Noodles, Scandinavian Blend Vegetables, Italian Coleslaw, Banana

Fri 27 Citrus Tarragon Chicken, Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie
Dijon Crusted Fish, Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie

Holiday: Rosh Hashanah (evening of Sept 29 to evening of Oct 1)

Mon 30 Fish w/ Lemon Pepper Pineapple Salsa, Brown Rice, Green Beans, Chickpea Salad, Seasonal Fruit
Chicken Stir Fry Yakisoba Noodles, Green Beans, Chickpea Salad, Seasonal Fruit