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 Tetrazzini, 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*