



MEALS ON WHEELS

September 2020 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p><u>BEEF SLOPPY JOE</u> served on whole wheat bun mashed potatoes diced carrots fresh fruit</p>	<p><u>TURKEY TETRAZZINI</u> turkey, mixed veggies, and egg noodles in a cream sauce steamed broccoli baked apples spice cookie</p>	<p><u>CHICKEN STIR FRY</u> chicken, mushrooms, cabbage, carrots, etc. served over brown rice Asian vegetable blend chocolate sea salt cookie</p>	<p><u>BEEF TIPS IN GRAVY</u> over egg noodles peas and carrots apple and cinnamon coffee cake</p>
7	8	9	10	11
<p>Labor Day <u>HERB ROASTED PORK LOIN</u> with gravy, mashed sweet potatoes sliced zucchini dinner roll & butter oatmeal chocolate chip cookie <i>alt: herb roasted chicken</i></p>	<p><u>CHILI MAC CASSEROLE</u> ground beef and wheat noodles in tomato sauce green beans baked apples double chocolate chip muffin</p>	<p><u>SALISBURY STEAK</u> ground beef patty with mushroom gravy over egg noodles diced carrots applesauce oatmeal butterscotch cookie</p>	<p>**COLD MEAL** <u>CHICKEN SALAD</u> romaine lettuce with shredded chicken, cucumber, tomato, and carrots with French dressing dinner roll & butter diced peaches</p>	<p><u>BREAKFAST HASH</u> cheesy egg scramble over roasted potatoes turkey sausage links warm diced pears English muffin & butter</p>
14	15	16	17	18
<p><u>TUNA MELT</u> tuna salad with cheddar cheese wheat bread (separate) peas and carrots sugar cookie <i>alt: chicken melt</i></p>	<p><u>CHICKEN ENCHILADA BAKE</u> chicken, tortilla, veggies layered w/ cheese & sauce corn and peppers California vegetable blend chocolate chip cookie</p>	<p><u>ROAST TURKEY DINNER</u> roast turkey breast with gravy green beans homemade stuffing diced pineapple blueberry muffin</p>	<p><u>BEEF LASAGNA</u> steamed broccoli baby carrots dinner roll & butter fresh fruit cup</p>	<p><u>BEEF CHILI</u> ground beef and beans in a hearty tomato sauce sliced carrots corn muffin applesauce</p>
21	22	23	24	25
<p><u>BEEF STEW</u> with onions, potatoes, peas, and carrots in beef gravy pineapple dinner roll & butter bread pudding</p>	<p><u>SOUTHWEST TURKEY BOWL</u> seasoned ground turkey over Spanish rice corn and bean salsa vegetable blend fruit cocktail</p>	<p><u>GREEK LEMON CHICKEN</u> sautéed Mediterranean veg. with chicken breast and Greek yogurt sauce roasted potatoes diced carrots dinner roll & butter mandarin oranges</p>	<p><u>SPAGHETTI WITH MEAT SAUCE</u> ground beef and wheat noodles in tomato sauce steamed broccoli warm peach crumble dinner roll & butter</p>	<p><u>PARMESAN CRUSTED FISH</u> over brown rice pilaf California vegetables baby carrots snickerdoodle cookie <i>alt: parm crusted chicken</i></p>
28	29	30		
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