



September 2018 Menu

Mon	Tue	Wed	Thu	Fri
<p>3</p> <div style="border: 1px solid red; padding: 5px; text-align: center; color: white; font-weight: bold; font-size: 1.2em;"> CLOSED LABOR DAY </div>	<p>4</p> <p style="text-align: center;"> Steak Burger Lima Beans Hot Cinnamon Apples Bun Lettuce & Slice of Tomato Cantaloupe </p>	<p>5</p> <p style="text-align: center;"> Stew Beef over Rice Okra & Tomato Stew Green Beans Macaroni Salad Pineapple Tidbits Melon </p>	<p>6</p> <p style="text-align: center;"> Chicken Pot Pie Broccoli Sweet Potato Casserole Congealed Salad w/ Fruit Red Grapes Oatmeal Cookie </p>	<p>7</p> <p style="text-align: center;"> Spaghetti w/ Meatballs Spinach Cauliflower Pears Chocolate Pudding </p>
<p>10</p> <p style="text-align: center;"> Pork Pot Roast Cabbage Mashed Potatoes Mini Yeast Roll Peaches Lemon Gelatin </p>	<p>11</p> <p style="text-align: center;"> Scrambled Eggs & Bacon Hash Brown Potatoes Buttermilk Biscuit Pancake Peaches Orange Slices </p>	<p>12</p> <p style="text-align: center;"> Beef Pot Pie Carrots Cinnamon Apples Beets Pineapple Tidbits Chocolate Chip Cookie </p>	<p>13</p> <p style="text-align: center;"> Sliced Ham Sweet Potato Casserole Green Beans Mini Yeast Roll Orange Slices Pineapple Tidbits </p>	<p>14</p> <p style="text-align: center;"> Grilled Chicken Breast Corn Roasted Brussel Sprouts Mini Yeast Roll Honeydew Melon Chocolate Cake w/ Cherries </p>
<p>17</p> <p style="text-align: center;"> Salisbury Steak Mashed Potatoes Steamed Broccoli Mini Yeast Roll Peaches Orange Slices </p>	<p>18</p> <p style="text-align: center;"> Meat Loaf Green Beans Corn Mini Yeast Roll Watermelon </p>	<p>19</p> <p style="text-align: center;"> Pulled Pork Steamed Carrots Baked Beans Pineapple Tidbits Potato Salad Bun </p>	<p>20</p> <p style="text-align: center;"> Carved Roast Beef & Mashed Potatoes Green Peas Mini Yeast Roll Peaches Cottage Cheese </p>	<p>21</p> <p style="text-align: center;"> Baked Fish w/ Lemon Herb Sauce served over Rice Pilaf Stir-fried Squash Stewed Tomatoes Coleslaw Fruit Cocktail Oatmeal Cookie </p>
<p>24</p> <p style="text-align: center;"> Stew Beef over Rice Steamed Cabbage Peas Mini Yeast Roll Broccoli Salad Pears </p>	<p>25</p> <p style="text-align: center;"> Pinto Beans Mac & Cheese Spinach Cornbread Deviled Egg Mandarin Oranges </p>	<p>26</p> <p style="text-align: center;"> Pot Roast w/ Sweet Bell Peppers Red Bliss Potatoes Steamed Broccoli Mini Yeast Roll Tossed Salad Applesauce </p>	<p>27</p> <p style="text-align: center;"> Carved Turkey Breast w/ Stuffing Green Beans Carrots Strawberry Spinach Salad Watermelon Lemon Gelatin </p>	<p>28</p> <p style="text-align: center;"> Teriyaki Chicken Kettle Cooked Collards Scalloped Potatoes Peaches Seedless Green Grapes Chocolate Cupcake </p>
			<u>MEAT SUBSTITUTE MEAL</u> Steak Burger Cabbage Stewed Tomatoes Mini Yeast Roll Macaroni Salad Mandarin Oranges	<u>VEGETABLE SUBSTITUTE MEAL</u> Pinto Beans Cabbage Stewed Tomatoes Mini Yeast Roll Macaroni Salad Mandarin Oranges

2% Milk will be served with all meals.

You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.

All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.