

# September 2019 Menu

Mon	Tue	Wed	Thu	Fri
<b>2</b> <div style="text-align: center;">  </div>	<b>3</b> Hotdog on Bun Baked Beans Tater Tots 2 Sugar Cookies / Mustard & Ketchup Coleslaw Watermelon	<b>4</b> Turkey Breast w/ Dressing & Gravy Green Peas Carrots Cranberry Sauce Sliced Peaches Strawberries	<b>5</b> Chicken Sausages & Sauerkraut Red Bliss Potatoes Steamed Broccoli Mini Wheat Roll Apple Salad w/ Raisins Sliced Peaches	<b>6</b> Sloppy Joe Tater Tots Apple Crisp Bun Coleslaw Mandarin Oranges
<b>9</b> Grilled Boneless Chicken Breast Broccoli & Rice Casserole Stewed Tomatoes Mini Wheat Roll Waldorf Salad Sliced Peaches	<b>10</b> Steakburger w/ Cheese Baked Beans Tater Tots Bun / Mustard & Ketchup Lettuce & Tomato Slice Mixed Fruit	<b>11</b> Beef Pot Roast Red Bliss Potatoes Steamed Broccoli Mini Wheat Roll Grape Tomatoes Mandarin Oranges	<b>12</b> Italian Meatballs w/ Marinara Sauce served over Linguini Pasta Green Beans Texas Toast Mandarin Oranges Sliced Pears	<b>13</b> Roast Chicken (Leg & Thigh) Collard Greens Mashed Potatoes Pineapple Tidbits Blueberry Pie
<b>16</b> Lightly Breaded Fish Fillet Stir-Fried Squash Skillet Cornbread Coleslaw Honeydew Melon Mandarin Oranges Tartar Sauce	<b>17</b> Meatloaf Mashed Potatoes Turnip Greens Mini Wheat Roll Grape Tomatoes Sliced Peaches	<b>18</b> Chicken Parmesan Yellow Squash w/ Bell Peppers Green Beans Mini Wheat Roll Cucumber Salad Sliced Oranges	<b>19</b> Beef Pot Pie Green Peas Carrots Beets Applesauce 2 Peanut Butter Cookies	<b>20</b> Boneless Grilled Chicken Breast Served w/ Rice Corn Brussels Sprouts Mini Wheat Roll Grape Tomatoes Mixed Fruit
<b>23</b> Salisbury Steak w/ Gravy Rice Steamed Broccoli Mini Wheat Roll Sliced Peaches Orange Slices	<b>24</b> Fajita Chicken over Mexican Rice Refried Beans Stir-Fried Vegetables Shredded Lettuce & Diced Tomatoes Flour Tortillas / Sour Cream Packet Cinnamon Peaches	<b>25</b> Chicken Salad on Lettuce leaf w/ Tomato Slice Three Bean Salad Cucumber & Bell Pepper Salad Croissant Watermelon Fruited Gelatin	<b>26</b> Roast Beef Scalloped Potatoes Green Peas Grape Tomatoes Sliced Peaches 2 Oatmeal Cookies	<b>27</b> Baked Ziti w/ Meat Sauce Steamed Broccoli Carrots Three Bean Salad Pears Strawberry Cake
<b>30</b> Beef Tips served over Rice Cabbage Fried Okra Pineapple Tidbits Melon 2 Oatmeal Cookies	2% Milk will be served with all meals. You may order the Meat or Vegetable 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.	<u>MEAT SUBSTITUTE MEAL</u> Hamburger Steak Patty Collard Greens Corn Mini Wheat Roll Pears Fruit Cocktail	<u>VEGETABLE SUBSTITUTE MEAL</u> Pinto Beans Collard Greens Corn Mini Wheat Roll Pears Fruit Cocktail

\*Menu is subject to change without notice