

Meals on Wheels September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Vegetable Lasagna Fresh Vegetable Dessert	2 Cheeseburger Baked Beans Dessert	3 Chicken w/ Gravy Mashed Potatoes Fresh Vegetable Dessert	4 Tuna Salad over Spinach Fresh Orange	5 Sausages Biscuits & Gravy Fresh Vegetable Dessert	6 Hot Dogs Baked Beans Dessert	7 Creamy Chicken Pasta Salad w/Roasted Vegetables Dessert
8 Chili Mac Casserole Fresh Vegetable Dessert	9 Lemon Pepper Chicken Rice Pilaf Fresh Vegetable Dessert	10 Beef & Cheese Taco Pie Fresh Vegetable Dessert	11 Chicken Salad over Lettuce Orange wedge Dessert	12 Kielbasa over Sauerkraut Fresh Vegetable Dessert	13 Chicken Alfredo w/Rotini Fresh Vegetable Dessert	14 Cobb Salad Fresh Fruit
15 Swedish Meatballs Pasta Fresh Vegetable Dessert	16 Chicken w/ Honey Mustard Glaze Rice Fresh Vegetable Dessert	17 Sweet & Sour Chicken Legs Rice Fresh Vegetable Dessert	18 Creamy Chicken Pasta Salad Roasted Vegetables Dessert	19 Brats Mashed Potatoes Fresh Veggie Dessert	20 Beef Stroganoff Egg noodles Fresh Vegetable Dessert	21 Tuna Salad over Fresh Spinach Fresh Fruit
22 Baked Ziti w/Cheese Fresh Vegetable Dessert	23 Chicken w/gravy Mashed Potatoes Fresh Vegetable Dessert	24 Spaghetti w/Italian Meatballs Fresh Vegetable Dessert	25 Cobb Salad Fresh Orange	26 Hoppin John Fresh Veggie Dessert	27 Lemon Pepper Chicken Rice Pilaf Fresh Vegetable Dessert	28 Chicken Salad over Lettuce Fresh Fruit
29 Vegetable Lasagna Fresh Vegetable Dessert	30 Hot Dogs Baked Beans Dessert	October 1 Chicken w/ Gravy Mashed Potatoes Fresh Vegetable Dessert	October 2 Tuna Salad over Spinach Fresh Orange	October 3 Sausages Biscuits and Gravy Fresh Vegetable Dessert	October 4 Swedish Meatballs Pasta Fresh Vegetable Dessert	October 5 Creamy Chicken Pasta Salad w/Roasted Vegetables Dessert

Menu is subject to change without notice.

Please call the office if you will not be home to receive your meal (239) 337-1055.

Delivery times are 9:00am to 12:30pm, and no meals will be left outside if you're not home. Thank you.

