



# MEALS ON WHEELS MENU

## SEPTEMBER 2023

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.  
 Call or Text 888.869.6325 Online [www.mownct.org/cancel-my-meal](http://www.mownct.org/cancel-my-meal)

CHOICE A	9				1 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Strawberry Cookie Margarine
					OR
CHOICE B					1 Pork Chop Patty w/ Sofrito Cilantro Stewed Tomatoes Sweet Potato Dinner Roll Strawberry Cookie

CHOICE A	4	5	6	7	8
	<b>OFFICE CLOSED</b>  <b>LABOR DAY</b>	Penne Pasta Bolognese Italian Vegetable Medley White Bread Honey Graham Crackers	Honey Mustard Chicken Carrots Garlic Mashed Potatoes Dinner Roll Margarine Orange Juice	Breaded Pollock Mixed Vegetables Cheesy Potatoes White Bread Margarine	Sesame Chicken Broccoli w/Shredded Carrot Cauliflower & Red Peppers White Bread Lemon Cookie Apple Juice
	OR	OR	OR	OR	OR
CHOICE B	4	5	6	7	8
		General Tso Chicken Asian Ginger Rice Peas and Carrots WG Roll Honey Graham Crackers	Cheese Lasagna w/Spinach Alfredo Sauce Mixed Vegetables WG Bread Orange Juice	Cheese Omelet w/Sausage Breakfast Potatoes Fruited Granola Mix WG Bread Blend Juice	Salisbury Steak Mixed Vegetables Brown Rice WG Bread Blended Juice

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All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.  
 WG = Whole Grain; WW = Whole Wheat  
 \*\*\*This menu is based on product availability, substitutions may be made.\*\*\*

<b>CHOICE A</b>	11 Beef Teriyaki Patty Rice Mixed Vegetables WG Bread	12 Fajita Chicken Butternut Squash Black Beans White Bread Apple Juice	13 Macaroni & Beef Casserole Spinach Neopalitan California Blend Vegetables Oatmeal Raisin Cookie White Bread	14 BBQ Pork Riblet Mixed Vegetables Sweet Potato Dinner Roll Margarine Blended Juice	15 Black Beans and Rice w/Corn Carrots WG Bread Peanut Butter
	OR	OR	OR	OR	OR
<b>CHOICE B</b>	11 Chicken W/Gravy Breakfast Potatoes Brussel Sprouts WG Bread Peanut Butter	12 Twisted Mac & Cheese Carrots WG Bread Apple Juice	13 Chicken w/ Italian Sauce Green Beans Garlic Mashed Potatoes White Bread Oatmeal Raisin Cookie	14 Hamburger Mashed Potatoes Carrots Hamburger Bun Ketchup/Mustard Blended Juice	15 Sweet & Sour Pork Fried Rice Parsley Corn WG Bread Honey Graham Crackers

<b>CHOICE A</b>	18 Meatloaf w/Apple Brown Gravy Breakfast Potatoes Stewed Tomatoes WG Bread Apple Juice	19 Batter-Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Banana Cookie Margarine	20 Meatballs w/Orange Sauce White Rice Green Peas WG Bread Margarine Apple Juice	21 Chicken Marsala Butternut Squash Green Beans WG Bread Lemon Cookie Margarine	22 Steak Patty w/Picadillo Sauce Sweet Potatoes Green Peas White Bread Apple Juice
	OR	OR	OR	OR	OR
<b>CHOICE B</b>	18 3 Cheese Macaroni Carrots Green Beans White Bread Apple Juice	19 Omelet w/Western Sauce & Sausage Breakfast Potatoes Strawberry Applesauce Crisp White Bread	20 Veggie Chili w/Pinto Beans Carrots White Bread Peanut Butter Apple Juice	21 Veal Chop w/Mustard Sage Sauce Mashed Potatoes Butternut Squash WG Bread Honey Graham Crackers	22 Chicken Stew Carrots Strawberry Applesauce Crisp White Bread Apple Juice

<b>CHOICE A</b>	25 Koren BBQ Pork Riblet Broccoli Coconut Pineapple & Mandarin Oranges WG Bread Peanuts	26 Manicotti w/Alfredo Vegetable Sauce Corn Carrots Dinner Roll Apple Juice	27 Pork Chop Patty w/Homestyle Sauce Sweet Potatoes Brussel Sprouts White Bread Sugar Cookie	28 Hamburger Mashed Potatoes Carrots Hamburger Bun Ketchup/Mustard	29 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Strawberry Cookie Margarine
	OR	OR	OR	OR	OR
<b>CHOICE B</b>	25 Three Bean Beef Chili Squash Medley White Bread Pineapple Juice	26 Diced Chicken Green Beans w/Red Peppers Yellow Rice w/Tomato & Chives 1 Dinner Roll	27 Beef Patty w/Gravy Mixed Vegetables Garlic Mashed Potatoes Sugar Cookie WG Bread	28 Fish Filet w/Seafood Sauce Brown Rice Yellow Corn WG Bread Blended Juice	29 Pork Chop Patty w/Sofrito Cilantro Stewed Tomatoes Sweet Potato Dinner Roll Strawberry Cookie

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