

MEALS ON WHEELS MENU – SEPTEMBER 2022 VEGETARIAN MEALS

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

<p>10</p> 			<p>1 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</p>	<p>2 Plant-Based “Chick’n Nuggets” Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>5</p>  <p>Office Closed Labor Day</p>	<p>6 Lasagna Florentine Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>7 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>8 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>9 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins</p>
<p>12 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>13 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice</p>	<p>14 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice</p>	<p>15 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</p>	<p>16 Plant-Based “Chick’n Nuggets” Warm Rice Salad Diced Sweet Potatoes WG BreadMargarine Applesauce</p>
<p>19 Black Beans with Rice and Corn Parslied Carrots WG Bread/Margarine Peach Cup</p>	<p>20 Lasagna Florentine Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>21 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>22 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>23 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins</p>
<p>26 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>27 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice</p>	<p>28 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice</p>	<p>29 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</p>	<p>30 Plant-Based “Chick’n Nuggets” Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce</p>

All meals served with 1% low-fat white or non-fat chocolate milk. WG = Whole Grain; WW = Whole Wheat