



MEALS ON WHEELS MENU SEPTEMBER 2022

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

CHOICE A	10				1 Sesame Chicken Broccoli w/Shredded Carrots WG Bread Margarine Mandarin Oranges	2 Manicotti Alfredo Yellow Corn Carrots Dinner Roll Oatmeal Cream Pie
					OR	OR
CHOICE B					1 Three Bean Chili Squash Medley WG Bread	2 Southern-Style Pollock Fingers Cheesy Mashed Potatoes Broccoli Dinner Roll Oatmeal Cream Pie

CHOICE A	5	 Office Closed Labor Day	6 Cuban Black Beans & Rice Whole Kernel Corn with Red Peppers & Carrots WG Bread Apple Juice	7 Diced Chicken Green Beans Yellow Rice w/Tomatoes and Chives WG Bread Applesauce	8 Vegetarian Chili Carrots Corn Muffin	9 Honey Mustard Chicken Carrots Garlic Mashed Potatoes WG Bread Grape Juice
		OR	OR	OR	OR	OR
CHOICE B	5		6 Lasagna Florentine Mixed Vegetables WG Bread Margarine Apple Juice	7 Cheese Omelet Potatoes Fruited Granola WG Bread Margarine	8 Pork Chop Patty w/Gravy Sweet Potatoes Brussel Sprouts Corn Muffin Margarine	9 Meatballs w/Penne Pasta Broccoli WG Bread Oatmeal Raisin Cookie

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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

CHOICE A	12 Three Cheese Macaroni Green Beans Carrots WG Bread	13 Salisbury Steak w/Gravy Mixed Vegetables Brown Rice Dinner Roll Blended Juice	14 Sweet & Sour Pork Fried Rice Corn WG Bread Mandarin Oranges	15 Beef Patty w/Pizzaiola Sauce Green Beans Pineapple/Mandarin Fruit Mix Dinner Roll Oatmeal Cream Pie	16 Chicken Garden Casserole Summer Blend Vegetables Dinner Roll Peaches
	OR	OR	OR	OR	OR
CHOICE B	12 Hamburger WG Hamburger Bun Mashed Potatoes Carrots Ketchup/Mustard Margarine Orange Juice	13 Sweet & Sour Chicken White Rice Green Peas Dinner Roll Blended Juice	14 Breaded Pollock Potato Slices Mixed Vegetables WG Bread Margarine Mandarin Oranges	15 Omelet with Ranchero Sauce Breakfast Potatoes Cranberry Pears Dinner Roll Grape Juice	16 Turkey w/Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Cup

CHOICE A	19 Turkey & Cheese Lasagna Broccoli, Cauliflower & Beans Dinner Roll Mixed Fruit	20 Chicken Marsala Butternut Squash Green Beans WG Bread Old Fashioned Sugar Cookie	21 Batter-Dipped FishNuggets Garlic Mashed Potatoes Carrots WG Bread Peach Cup	22 Steak Patty w/Pizzaiola Sauce Sweet Potatoes Green Beans WG Bread Apple Juice	23 Twisted Mac & Cheese Carrots Dinner Roll
	OR	OR	OR	OR	OR
CHOICE B	19 Three Cheese Macaroni Green Beans Carrots Dinner Roll Mixed Fruit Cup	20 Fish Filet w/Seafood Sauce Brown Rice Corn WG Bread Peach Cup	21 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WG Bread Old Fashioned Sugar Cookie	22 Chicken w/Italian Sauce Garlic Mashed Potatoes Green Beans WG Bread Apple Juice	23 Beef Patty w/Gravy Mixed Vegetables Garlic Mashed Potatoes Dinner Roll

CHOICE A	26 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Apple Spice Cookie	27 Cavatappi Bolognese Italian Vegetables WG Bread	28 Western Omelet Breakfast Potatoes Strawberry Apple Crisp WG Bread Orange Juice	29 Sesame Chicken Broccoli w/Shredded Carrots WG Bread Margarine Mandarin Oranges	30 Manicotti Alfredo Yellow Corn Carrots Dinner Roll Oatmeal Cream Pie
	OR	OR	OR	OR	OR
CHOICE B	26 Meatloaf w/Gravy Skin-on potatoes Stewed Tomatoes WG Bread Apple Spice Cookie	27 Cuban Black Beans & Rice Whole Kernel Corn with Red Peppers & Carrots WG Bread	28 Macaroni & Beef Spinach Neapolitan California Blended Vegetables WG Bread Orange Juice	29 Three Bean Chili Squash Medley WG Bread	30 Southern-Style Pollock Fingers Cheesy Mashed Potatoes Broccoli Dinner Roll Oatmeal Cream Pie

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