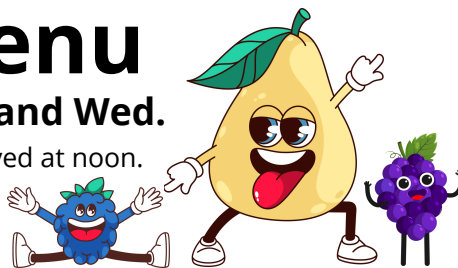


September Menu

Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.

\$6 suggested donation for ages 60+.



MONDAY

MEALS ON WHEELS 1

CLOSED



WEDNESDAY

MEALS ON WHEELS 3

BBQ Chicken Breast
Baked Beans
Potato Salad
Garden Salad
Fresh Fruit

FRIDAY

MEALS ON WHEELS 5

Crab Cake Salad
Dinner Roll w/ Butter
Cookie

IN-PERSON LUNCH! 8

Pork Chops w/ Gravy
Parmesan Potatoes
Steamed Broccoli
Garden Salad
Applesauce

IN-PERSON LUNCH! 10

Pub Fish w/ Tartar Sauce
Sweet Potato Wedges
California Veggies
Coleslaw
Ice Cream

MEALS ON WHEELS 12

Indian Butter Chicken
Basmati Rice
Roasted Cauliflower
Cucumber & Tom Salad
Fruit Cup

IN-PERSON LUNCH! 15

Ahi Tuna Salad
Garlic Bread
Cookie

IN-PERSON LUNCH! 17

Turkey Meatloaf
Mashed Potatoes & Gravy
Green Beans
Kale & Cranberry Salad
Pumpkin Dessert

MEALS ON WHEELS 19

Cheese Tortellini
w/ Italian Sausage &
Mushroom Marinara
Rosemary Focaccia
Garden Salad
Peaches

IN-PERSON LUNCH! 22

Baked Salmon w/ Dill
Butter Sauce
Quinoa Pilaf
Steamed Veggies
Garden Salad
Brownie

IN-PERSON LUNCH! 24

Beef Stroganoff
Brown Rice & Spinach
Ginger Honey Carrots
Garden Salad
Cookie

MEALS ON WHEELS 26

Chef's Choice



IN-PERSON LUNCH! 29

BBQ Black Bean Burger
w/ Cheese
Potato Wedges
Veggies w/ Ranch Dip
Chuckwagon Corn
Chocolate Cake



All menus subject to change due to food cost and availability.