

September 2019

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 HOLIDAY NO LUNCH SERVED	3 Herb Roasted Chicken Garlic Mashed Potatoes Flame Roasted Corn Fresh Fruit	4 Chef Salad Over Garden Mix Chilled Beets Fruited Yogurt	5 Tilapia Sicilian Blend Veg. French Cut Green Beans Sliced Pears	6 NO LUNCH SERVED	7
8	9 Baked Chicken Legs Dilled Carrots Green Beans Applesauce	10 Hamburger Baked Beans Flame Roasted Corn Fresh Fruit	11 Beef with Broccoli over Rice Steamed Cabbage Peach Slices	12 Chicken Salad Sliced Tomatoes Carrot Salad Fruit Cocktail	13 NO LUNCH SERVED	14
15	16 Beef Fajita Fiesta Blend Veg. Snap Peas Pears	17 Sub Sandwich Pea Salad Garden Salad Fresh Fruit	18 Chicken Alfredo Italian Mix Veg. Zucchini & Squash Cherry Icee	19 Pork & Beef Chop Suey Asian Blend Veg. Brussel Sprouts Fruited Yogurt	20 NO LUNCH SERVED	21
22	23 Meatloaf Mashed Potatoes Capri Mix Veg. Pineapple Tidbits	24 Stuffed Chicken Breast Steamed Broccoli Country Mix Veg. Fresh Fruit	25 Lasagna Tuscany Blend Veg. Italian Green Beans Mandarin Oranges	26 Lemon Pepper Fish Broccoli & Cauliflower Lima Beans Peach Slices	27 NO LUNCH SERVED	28
29	30 BBQ Chicken Buttered Corn Brussel Sprouts Applesauce		*Lunch Delivered 10:30 a.m.-1:30 p.m. Monday-Thursday*		MILK SERVED DAILY: ½ Pint	