

MEALS ON WHEELS MENU - SEPTEMBER 2020

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

	1 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	2 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	3 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Margarine Pineapple Cup	4 Chick'n Nuggets Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce
	8 Eggplant Parmesan Garbanzo Beans WG Bread Margarine Mandarin Oranges Waffle Grahams	9 Bean Burrito w/ Queso Spinach Souffle Corn Muffin Margarine Mixed Fruit Cup	10 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	11 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Roll Margarine Raisins
14 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	15 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	16 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	17 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	18 Chick'n Nuggets Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce
21 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Margarine Peach Cup	22 Eggplant Parmesan Garbanzo Beans WG Bread Margarine Mandarin Oranges Waffle Grahams	23 Bean Burrito w/ Queso Spinach Souffle Corn Muffin Margarine Mixed Fruit Cup	24 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	25 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Roll Margarine Raisins
28 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	29 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	30 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice		Saturday, Sep. 12 

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