


MEALS ON WHEELS NORTH CENTRAL TEXAS SEPTEMBER 2024


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

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2	3	4	5	6
<p>CLOSED</p>  <p>LABOR DAY</p>	<p>Polish Sausage or Meatloaf with Brown Gravy</p> <p>Wild Rice Medley Cabbage Wheat Bread Margarine (only with Meatloaf) Milk Grape Juice</p>	<p>Hamburger Patty or Diced Chipotle BBQ Chicken</p> <p>Ranch Beans Hot Pineapple Tidbits Hamburger Bun Milk Graham Crackers Mustard and Ketchup</p>	<p>Turkey Tetrazzini or Mongolian Beef</p> <p>Broccoli Spinach Wheat Bread Margarine Milk Raisins</p>	<p>Chicken Alfredo or Loaded Potato Casserole</p> <p>Green Beans Country Tomatoes Wheat Bread Margarine Milk Chocolate Chip Cookie</p>
9	10	11	12	13
<p>Swedish Beef Meatballs or Mushroom Turkey Steak</p> <p>Lentils Capri Vegetable Blend Wheat Bread Margarine Milk Tropical Fruit Cup</p>	<p>Mozzarella Chicken or Swiss Steak</p> <p>Parslied Penne Pasta Spinach Wheat Bread Margarine Milk Applesauce Cup</p>	<p>Beef Taco or Chicken Taco</p> <p>Charro Beans Mexican Corn Flour Tortilla Milk Fig Bar Taco Sauce</p>	<p>Turkey Pasta Bolognese or Sausage and Shrimp Jambalaya</p> <p>Green Peas Diced Beets Wheat Bread Margarine Milk Oatmeal Crème Cookie</p>	<p>Chicken Salad or Tuna Salad</p> <p>Tomato Spoon Relish Pasta Salad Club Crackers Milk Raisins</p>
16	17	16	19	20
<p>Beef Tips w/Gravy or Breaded Pork with Cream Gravy</p> <p>Parslied Rice Herbed Green Beans Cornbread (only w/Beef Tips) Wheat Bread (only w/Breaded Pork) Milk Orange Juice</p>	<p>Dijon Beef Meatballs or Rosemary Butter Chicken Meatballs</p> <p>Whole Kernel Corn Brussels Sprouts Wheat Bread Margarine Milk Raisins</p>	<p>Turkey Rice Casserole or Pizza Casserole</p> <p>Broccoli Diced Beets Wheat Bread Margarine Milk Tropical Fruit Cup</p>	<p>Spinach Chicken or Roast Beef with Gravy</p> <p>Whipped Potatoes Spring Vegetable Blend Wheat Bread Margarine Milk Oatmeal Crème Cookie</p>	<p>Hamburger Patty or Breaded Fish</p> <p>Baked Beans Apple Crisp Hamburger Bun Milk Orange Juice Mustard and Ketchup</p>

This menu is based on product availability, substitutions may be made.

23	24	25	26	27
Spaghetti Torte or Shrimp Fettuccini Green Beans Glazed Carrots Wheat Bread Margarine Milk Tropical Fruit Cup	Teriyaki Chicken or Mu Shu Pork Fried Rice Japanese Vegetable Blend Cornbread Margarine Milk Mandarin Orange Cup	Mexican Beef Picadillo or Pork Carnitas Pinto Beans Olé Mixed Vegetables Flour Tortilla Milk Graham Crackers Taco Sauce	BBQ Pork Rib Patty or Beef Brisket Sweet Tater Puffs Green Beans with Red Peppers Wheat Bread Margarine Milk Fig Bar	Chicken Enchilada Bake or Bean Tamale Pie Spanish Rice Dilled Carrots Wheat Bread Margarine Milk Orange Juice

30				14
Spaghetti Torte or Shrimp Fettuccini Green Beans Glazed Carrots Wheat Bread Margarine Milk Oatmeal Crème Cookie				

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