

Meal delivery  
cancellations due  
by **9:00 a.m.**

# September 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Modified Diet Choices</b> Cardiac    Diabetic Diverticulitis</p> <p><b>Texture Choices</b> Regular    Chopped    Pureed</p> <p><b>Milk Choices</b> Skim    2%    Chocolate</p>	<p><b>Choice of Entrée</b> - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>		<p><b>Sep 1</b></p> <p>Meatloaf with Gravy Mashed Potatoes with Gravy Malibu Blend Vegetables Fresh Banana Wheat Bread with Margarine Apple Streusel Bread</p>	<p><b>Sep 2</b>    <b>CHOICE</b></p> <p>Macaroni &amp; Cheese Green Peas Stewed Tomatoes Apple Juice Wheat Bread with Margarine Red Velvet Cake w/ Cr. Ch. Icing</p>
<p><b>Sep 5</b></p> <p><b>CLOSED</b> <b>LABOR DAY</b> <b>PLEASE, USE</b> <b>YOUR HOLIDAY MEAL</b></p>	<p><b>Sep 6</b></p> <p>Breaded Chicken with Gravy Mashed Potatoes with Gravy Onion Seasoned Green Beans Cranberry Juice Biscuit with Margarine &amp; Jelly Chocolate Pudding</p>	<p><b>Sep 7</b>    <b>CHOICE</b></p> <p>Glazed Ham Candied Sweet Potatoes California Blend Vegetables Strawberry Applesauce Wheat Bread with Margarine Vanilla Wafers</p>	<p><b>Sep 8</b></p> <p>BBQ Shredded Pork Baby Potatoes Mac &amp; Cheese Dixie's Coleslaw Hamburger Bun Grapes</p>	<p><b>Sep 9</b>    <b>CHOICE</b></p> <p>Garlic Bread Pizza Vinegar Seasoned Spinach Warm Apple Crisp Tossed Salad with Italian Dressing Mandarin Oranges Crackers</p>
<p><b>Sep 12</b></p> <p>BBQ Meatballs over Brown Rice Asparagus Maple Dill Carrots Apple Juice Wheat Bread with Margarine Oatmeal Cranberry Walnut Cookie</p>	<p><b>Sep 13</b></p> <p>Beef &amp; Cheese Empanadas with Shredded Lettuce Mexican Rice    Taco Sauce Black Beans    Sour Cream Apricots Butterscotch Pudding</p>	<p><b>Sep 14</b>    <b>CHOICE</b></p> <p>Breaded Pork Chop with Gravy Mashed Potatoes with Gravy Diced Beets Biscuit with Margarine &amp; Honey Pineapple in Cherry Jell-O</p>	<p><b>Sep 15</b></p> <p>Sandwich: Ham, Cheese, Tomato, Lettuce, and Pickle Mustard Potato Salad Blueberries Hamburger Bun    Mayo Packet Coconut Cake</p>	<p><b>Sep 16</b>    <b>CHOICE</b></p> <p>Western Omelet Oven Fried Diced Potatoes Capri Blend Vegetables Cinnamon Pears Biscuit with Margarine and Orange Marmalade</p>
<p><b>Sep 19</b></p> <p>Cabbage Roll Casserole Buttered Corn Steamed Broccoli Peaches Wheat Bread with Margarine Vanilla Pudding</p>	<p><b>Sep 20</b></p> <p>Cream Chipped Beef over Biscuit Home Fry Seasoned Diced Potatoes Mixed Greens Tropical Fruit Peanut Butter Cookie</p>	<p><b>Sep 21</b>    <b>CHOICE</b></p> <p>Open Face Roast Beef over Wheat Bread with Gravy Bacon &amp; Onion Season Green Beans Apple Juice Wheat Bread with Margarine Lemon Bars</p>	<p><b>Sep 22</b></p> <p>Chicken Salad with Lettuce and Cranberry &amp; Nuts on side Dixie's Coleslaw Blueberries Croissant Key Lime Pie</p>	<p><b>Sep 23</b>    <b>CHOICE</b></p> <p>Meat Lasagna Tuscany Blend Vegetables Warm Garlic Biscuit Tossed Salad with Ranch Dressing Apple Juice Lemon Pudding</p>
<p><b>Sep 26</b></p> <p>BBQ Beef &amp; Bow Ties Steamed Broccoli Coined Carrots Mixed Fruit Wheat Bread with Margarine Chocolate Chip Cookie</p>	<p><b>Sep 27</b></p> <p>Mushroom Swiss with Onion &amp; Pickle Oven Baked Potato Wedges Pickled Beets Tropical Fruit Hamburger Bun Butterscotch Pudding</p>	<p><b>Sep 28</b>    <b>CHOICE</b></p> <p>Chicken Parmesan with Pasta &amp; Spaghetti Sauce French Green Beans Warm Garlic Biscuit Tossed Salad with French Dressing Peaches    Watergate Salad</p>	<p><b>Sep 29</b></p> <p>Liver &amp; Onions with Gravy Mashed Potatoes with Gravy Normandy Blend Vegetables Dinner Roll with Margarine Fresh Apple Coffee Cake</p>	<p><b>Sep 30</b>    <b>CHOICE</b></p> <p>Breaded Fish Patty Ranch Seasoned Potato Wedges Citrus Seasoned Broccoli Pears in Jell-O Hamburger Bun</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Ingredient information is available on our website—www.mowfc.org

