




MEALS on WHEELS
METRO BOISE

September 2023 Menu

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

MON	TUE	WED	THU	FRI
				1 Chicken Cacciatore over Pasta Peas Baby Carrots Fresh Fruit French Bread / Milk
4 LABOR DAY  CLOSED	5 Vegetarian Penne Broccoli Sunshine Carrots Fresh Fruit French Bread Milk	6 Sweet & Sour Pork over Rice Asian Vegetables Snap Peas Mandarin Oranges Whole Wheat Roll / Milk	7 Tuna Sandwich 3-Bean Salad Potato Salad Fresh Fruit 9-Grain Bread / Milk Soup (congregate sites only)	8 Philly Beef Sandwich Roasted Potatoes Chateau Vegetables Cinnamon Applesauce Hoagie Roll / Milk
11 Country Fried Steak with Country Gravy Mashed Potatoes Cascade Blend Vegetables Fruit Cup Whole Wheat Roll / Milk	12 Ham & Swiss Sandwich Coleslaw Chickpea Salad Banana Wheatberry Bread / Milk Soup (congregate sites only)	13 Mushroom Cheeseburger Roasted Potatoes Carrots Fresh Fruit Whole Wheat Bun Milk	14 Sausage Alfredo Lasagna Green Beans Green Salad Spiced Apples French Bread Milk	15 Mexican Beef Casserole Corn & Peppers Peaches with Granola Whole Wheat Tortilla Milk
18 Orange Chicken over Rice Stir Fry Vegetables Baby Carrots Banana 9-Grain Bread Milk	19 Pork Roast with Mushroom Gravy Cheesy Potatoes Snap Peas Applesauce 9- Grain Bread Milk	20 Rosemary Salmon Over Rice Pilaf Green Beans Coleslaw Peaches Whole Wheat Roll Milk	21 Hearty Egg Scramble Roasted Potatoes Applesauce Banana Bagel / Cream Cheese Milk	22 Meatloaf with Gravy Mashed Potatoes Capri Vegetables Cinnamon Pears Whole Wheat Roll Milk
25 Chef Salad (ham turkey, cheese) over Lettuce/Tomato 3-Bean Salad Peaches 9-Grain Bread / Milk Soup (congregate sites only)	26 Basil Sausage Pasta Sunshine Carrots Cauliflower Pears French Bread / Milk	27 Roast Beef with Gravy Mashed Potatoes Mixed Vegetables Mixed Salad Baci Roll Milk	28 Macaroni & Cheese Peas Baby Carrots Fresh Fruit French Bread Milk	29 Breaded Chicken with Country Gravy Ranch Potatoes Green Beans Applesauce 9-Grain Bread / Milk

