

September 2019 Menu

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

(Substitutions may be necessary without advanced notice.)

	Mon	Tue	Wed	Thu	Fri
	CLOSED NO MEALS SERVED	3 Citrus Salmon / Tarter Sauce Wild Rice Spring Blend Veggies Fresh Fruit Bread Milk	4 Ham & Swiss Sandwich Carrot Salad Fruit Salad Hoagie Roll Milk	Salisbury Steak / Gravy Mashed Potatoes Beets Pineapple Roll Milk	6 Biscuits & Sausage Gravy Eggs Spiced Apples Orange Juice Milk
	Lasagna Peas & Pearl Onions Zucchini Green Salad / Dressing French Bread Milk	Stuffed Chicken Kiev / Gravy Mashed Potatoes Mixed Veggies Apricots Bread Milk	Pork Roast / Gravy Brown Rice Glazed Carrots Juice Roll Milk	Roast Beef & Cheddar Sandwiches Macaroni Salad Tropical Fruit Hoagie Roll Milk	Mac & Cheese with Meatballs Garden Mix Veggies Apple Berry Crisp Juice Bread / Milk
	Chicken Club Pasta Salad Cottage Cheese Mandarin Oranges Breadstick Milk	Pork Chop with Mushroom Gravy Brown Rice Broccoli Applesauce Bread / Milk	Spaghetti with Meat Sauce Italian Blend Veggies Peaches Spinach Salad / Dressing French Bread / Milk	Turkey / Gravy Mashed Potatoes Mixed Veggies Juice Roll Milk	Chili Burger Roasted Potatoes Green Beans Hamburger Bun Milk
-	BBQ Pork Baked Beans Normandy Blend Veggies Bun Milk	Chicken Cobb Salad Fresh Melon Cottage Cheese Cookie Bar Breadstick / Milk	Oven Fried Chicken Cheesy Potatoes Corn V-8 Juice Roll / Milk	Meatloaf / Gravy Mashed Potatoes Glazed Carrots Roll Milk	27 Breaded Fish / Tarter Sauce Rice Pilaf Peas Coleslaw Bread / Milk
	30 Crunchy Tuna Casserole Broccoli & Cauliflower Peach Crisp Roll Milk				