

Monday	Tuesday	Wednesday	Thursday	Friday
2 Happy Labor Day! Centers are Closed No Meal on Wheels Delivery on this day	3 Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit	4 Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	5 Pork Loin w/ Gravy 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp	6 4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 wheat bread Seasonal Fresh Fruit
9 1c Pizza Casserole 1/2c Wax Beans 1/2c Corn 1 White Bread 1/2c Pudding	10 Sweet & Sour Pork 1/2c Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Apple Crisp	11 Turkey chef salad 2oz Turkey 1 oz cheddar 1c mixed greens with tomato 1/2c Three Bean Salad 1 dinner roll 1/2 .gelatin	12 Parmesan Chicken Over 1/2c Lemon Asparagus Pasta 1c Tossed Salad W/Tomato 1 Breadstick Fresh Fruit	13 4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit
16 Swiss Steak w/ 2oz Onion Gravy 1/2c parsley potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears	17 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese	18 Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges	19 Baked Lemon Pepper Fish 1/2c Rice Pilaf 1/2 c green beans Dinner Roll Seasonal Fresh Fruit	20 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread 1/2c Gelatin
23 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie	24 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	25 Grilled Chicken Caesar Salad 1c Mixed Greens (3 oz Diced Chicken, 1t Parmesan Tomato, Croutons) 1/2c Broccoli Salad Dinner Roll 1/2c Blushed Pears	26 Cheese Omlette 1 sausage patty 1/2c Breakfast potatoes 1 English Muffin 4oz apple juice	27 Mango BBQ Chicken Breast 1/2c Brown Rice 1/2c Carrots Wheat Bread Fresh Orange
30 Pot Roast w/ Gravy 1/2c Ranch potatoes 1/2c Mixed Vegetables 1 wheat bread 1/2c peaches			<i>menu subject to change</i>	To skip or cancel a meal Please contact Our office at 610-374-3195 ext. 220