

SEPTEMBER 2026 Meals on Wheels Menu

	Tuesday 9/1/26	Wednesday 9/2/26	Thursday 9/3/26	Friday 9/4/26
	ROAST TURKEY W/GRAVY CORNBREAD DRESSING GREEN BEANS + BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BACON CHEESEBURGER MACARONI 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 9/7/26	Tuesday 9/8/26	Wednesday 9/9/26	Thursday 9/10/26	Friday 9/11/26
CLOSED IN OBSERVANCE OF LABOR DAY	BAKED LEMON PEPPER FISH RICE PILAF* 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 9/14/26	Tuesday 9/15/26	Wednesday 9/16/26	Thursday 9/17/26	Friday 9/18/26
ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN A' LA KING RICE PILAF* 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHEESEBURGER w/onions O'BRIEN POTATOES SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRESH FRUIT+ BREAD HEALTHY HEART SPREAD MILK
Monday 9/21/26	Tuesday 9/22/26	Wednesday 9/23/26	Thursday 9/24/26	Friday 9/25/26
MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS CORN NIBLETS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/GRAVY MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 9/28/26	Tuesday 9/29/26	Wednesday 9/30/26		
BAKED HAM ROAST YAMS* CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK		
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). ***MENU SUBJECT TO CHANGE WITHOUT NOTICE. NOTE: MEALS SERVED WITH 2% MILK Meat or alternative = 4oz cooked, edible portion Bread or equivalent = 1 serving Fat = 1 teaspoon *denotes vitamin A requirement WE VALUE YOUR OPINION! PLEASE CALL LUS AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU! +denotes vitamin C requirements				