		Meals on Wheels	
	MON August 31	**WED September 2**	**FRI September 4**
Drink		Juice	Juice
Meat		Baked Chicken w Chalet Sauce	Beef Stroganoff
Choice 1		Baked Potato	Buttered Egg Noodles
OR		Vegetable Lasagna	Baked Salmon Fillet
Choice 2			Lyonnaise Potatoes
Sides		Tossed Salad & Italian Dressing	Peas
		Broccoli	Cauliflower
Dessert			
Choice 1		Carrot Cake	Lemon Bar
OR			
Choice 2		Diced Pears	Peach Slices

		Meals on Wheels	
	MON September 7	**WED September 9**	**FRI September 11**
Drink		Juice	Juice
Meat	**No Meals on Wheels**	BBQ Farmers Sausage	Pork Chop & Mushroom Sauce
Choice 1		Mashed Potatoes	Whipped Potatoes
OR		Turkey Cacciatore	Honey Mustard Haddock
Choice 2		Rice	Diced Potatoes
Sides		California Vegetables	Asian Vegetables
		Green Beans	Corn
Dessert			
Choice 1	**Office Closed**	Peach Crisp	Orange Dream Shortcake
OR			
Choice 2		Diced Pears	Blueberries

	Meals on Wheels		
	MON September 14	**WED September 16**	**FRI September 18**
Drink	Juice	Juice	Juice
Meat	Turkey Pot Pie	Meatloaf w Gravy	Teriyaki Beef & Broccoli
Choice 1	Mashed Potatoes	Mashed Potatoes	Rice
OR	Baked Pollock	Spinach & Cheese Cannelloni	Breaded Lemon Pepper Cod
Choice 2	Rice	Garlic Toast	Mashed Potatoes
Sides	Squash	Peas	Asian Vegetables
	Green Beans	Zucchini	Carrots
Dessert			
Choice 1	Assorted Cheesecake	Blondie Bars	Chocolate Cake
OR			
Choice 2	Melon	Cinnamon Pears	Apricots

	Meals on Wheels		
	MON September 21	**WED September 23**	**FRI September 25**
Drink	Juice	Juice	Juice
Meat	Baked Ham	Baked Chicken w Chalet Sauce	Beef Stroganoff
Choice 1	Scalloped Potatoes	Baked Potato	Buttered Egg Noodles
OR	Italian Baked Fish	Vegetable Lasagna	Baked Salmon Fillet
Choice 2	Mashed Potatoes		Lyonnaise Potatoes
Vegetables	Asparagus	Tossed Salad & Italian Dressing	Peas
	Sliced Beets	Broccoli	Cauliflower
Dessert			
Choice 1	Assorted Tart	Carrot Cake	Lemon Bar
OR			
Choice 2	Pineapple Tidbits	Diced Pears	Peach Slices

	Meals on Wheels	
Drink	**MON September 28**	**WED September 30**
	Juice	Juice
Meat		
Choice 1	Salisbury Steak w Gravy	BBQ Farmers Sausage
	Mashed Potatoes	Mashed Potatoes
OR		
Choice 2	Seasoned Chicken Thigh	Turkey Cacciatore
	Mashed Potatoes	Rice
Sides	Broccoli	California Vegetables
	Carrots	Green Beans
Dessert		
Choice 1	Maple Cake	Peach Crisp
OR		
Choice 2	Fruit Cocktail	Diced Pears