

# Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



## September 2017

**Menu Is Subject To Change Without Notice**

Meals are Funded By



Along with Participant Contributions,  
United Way Partners, Grant Awards and  
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium / 2% Milk</p>			<p><b>1 Labor Day Meal</b> BBQ Chicken Breast Potato Salad Baked Beans Whole Wheat Roll Apple Pie</p>
<p><b>4</b>  <b>Closed for Labor Day</b></p>	<p><b>5</b> Salmon Patty w/ Dill Sauce Brown Rice Cooked Squash Rye Bread Mandarin Oranges</p>	<p><b>6</b> Oven Baked Chicken Stew Mashed Potatoes Corn Whole Wheat Bread Pears</p>	<p><b>7</b> Smothered Pork Cutlet Twice Baked Potato Mixed Vegetables Whole Wheat Biscuit Citrus Mix</p>	<p><b>8</b> Chicken Provolone Whipped Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruit in Jell-O</p>
<p><b>11</b> Scalloped Potatoes &amp; Ham Broccoli Florets Harvard Beets Whole Wheat Roll Apricots</p>	<p><b>12</b> Baked Manicotti Italian Vegetable Blend Cucumber Salad Whole Wheat Bread Pears</p>	<p><b>13</b> Hungarian Pork Chop w/ Gravy Mashed Potatoes Wax Beans &amp; Red Peppers Whole Wheat Biscuit Fruit Cocktail</p>	<p><b>14</b> Country Chicken Macaroni &amp; Cheese Green Beans Cornbread Apples</p>	<p><b>15</b> Chinese Beef w/ Brown Rice Carrot Coins Red Spiced Cabbage Whole Wheat Bread Pineapple</p>
<p><b>18</b> Swiss Chicken w/ Dressing Mashed Potatoes w/ Gravy Brussels Sprouts Whole Wheat Biscuit Pears</p>	<p><b>19</b> Cabbage Casserole Sweet Peas Cornbread Peach Crisp</p>	<p><b>20</b> Turkey Tetrazzini Zucchini Broccoli Florets Silver Dollar Roll Apricots / Vanilla Pudding</p>	<p><b>21</b> Porcupine Meatballs Baked Potato w/ Sour Cream Seasoned Spinach Whole Wheat Roll Applesauce</p>	<p><b>22</b> Breaded Baked Fish Baked Sweet Potato Peas Biscuit Orange</p>
<p><b>25</b> Cranberry Glazed Turkey Mashed Potatoes w/ Gravy French Green Beans Whole Wheat Roll Warm Peach Crumble</p>	<p><b>26</b> Pork Chop Suey w/ Rice Asian Blend Vegetables Whole Wheat Bread Jell-O w/ Fruit Fortune Cookie</p>	<p><b>27</b> Oven Fried Chicken Whipped Sweet Potatoes Lima Beans Whole Wheat Biscuit Apple Crisp</p>	<p><b>28</b> Spanish Rice w/ Meat &amp; Beans Santa Fe Blend Vegetables Side Salad w/ French Dressing Whole Wheat Bread Fruit Juice</p>	<p><b>29</b> Broccoli &amp; Cheese Quiche Potatoes O'Brien Stewed Tomatoes Whole Wheat Roll Navel Oranges / Birthday Cake</p>