



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

September 2019

Menu Is Subject To Change Without Notice

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed for Labor Day</p>	<p>3</p> <p>Chicken Salad w/ Melon Roasted Potato Salad Bed of Lettuce Crackers Mandarin Oranges</p>	<p>4</p> <p>BBQ Roast Beef Mac & Cheese Broccoli Florets Dinner Roll Peaches</p>	<p>5</p> <p>Chicken Teryaki w/ Oriental Blend Vegetables Rice Steamed Green Beans Biscuit Watermelon</p>	<p>6</p> <p>Sloppy Joes Coleslaw Corn Salad Bun Fruit Cocktail</p>
<p>9</p> <p>Pepper Steak over Rice Chef's Choice Vegetable Asian Vegetables Biscuit Pears</p>	<p>10</p> <p>Tuna Veggie Salad Potato Salad Baby Carrots w/ Ranch Crackers Pineapple</p>	<p>11</p> <p>Citrus Chicken Key West Vegetables Lettuce Cucumber Salad Dinner Roll Fruit + Pudding</p>	<p>12</p> <p>Vegetarian Lasagna Steamed Spinach Tomato Salad Italian Bread Mandarin Oranges</p>	<p>13</p> <p>Oven Fried Chicken Mashed Sweet Potatoes Green Bean Salad Cornbread Cantaloupe</p>
<p>16</p> <p>Beef Taco Salad Black Beans Zucchini w/ Onion Tortilla Chips Pineapple</p>	<p>17</p> <p>Chicken Parmesan Spaghetti w/ Tomato Sauce Side Salad Breadstick Baked Apple</p>	<p>18</p> <p>Pot Roast Potatoes, Carrots, Onions Peas Whole Wheat Roll Oranges</p>	<p>19</p> <p>Salisbury Steak Mac & Cheese Steamed Peas Dinner Roll Berry Applesauce</p>	<p>20</p> <p>Lemon Baked Fish Rice Prince Charles Vegetables Biscuit Jello + Fruit</p>
<p>23</p> <p>Beef Stroganoff over Noodles Beet Salad w/ Onions Steamed Chopped Collard Greens Dinner Roll Applesauce</p>	<p>24</p> <p>Pork Loin w/ Gravy Mashed Potatoes Broccoli Florets Cornbread Pears</p>	<p>25</p> <p>Chicken Salad w/ Pears Lettuce & Cherry Tomatoes Rice Salad Crackers Mandarin Oranges</p>	<p>26</p> <p>Loaded Baked Potato w/ Cheese, Bacon, Broccoli Cherry Tomato & Cucumber Salad Muffin Apple Pie</p>	<p>27</p> <p>Sloppy Joes Coleslaw Corn Salad Bun Birthday Cake Fruit Cocktail</p>
<p>30</p> <p>Bratwurst German Potato Salad Yellow Squash & Peppers Bun Pears</p>			<p>Meals Provide (average per week)</p> <p>75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>	