

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



SEPTEMBER 2018

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>Meals Provide (average per week) 85 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>				
<p>3</p> <p>Closed for Labor Day</p>	<p>4</p> <p>BBQ Chicken Potato Salad Baked Beans Whole Wheat Roll Apple Pie</p>	<p>5</p> <p>Pork Loin w/ Gravy Baked Sweet Potato Wax Beans w/ Peppers Whole Wheat Roll Applesauce</p>	<p>6</p> <p>Turkey Tetrazzini Sweet & Sour Cabbage Peas & Pearl Onions Silver Dollar Roll Vanilla Pudding w/ Apricots</p>	<p>7</p> <p>Beef Taco w/ Cheese / Onions / Lettuce Mexican Rice / Corn Tortilla Mandarin Oranges</p>
<p>10</p> <p>Baked Manicotti Tomato / Cheese Salad Mixed Green Salad Italian Bread Slice Grapes</p>	<p>11</p> <p>Salmon Patty w/ Dill Sauce Roasted Potatoes Seasonal Squash Medley Whole Wheat Roll Citrus Mix</p>	<p>12</p> <p>Chicken Enchilada Tomato & Cucumber Salad Tortilla Jell-O w/ Fruit</p>	<p>13</p> <p>Salisbury Steak Mashed Sweet Potatoes Steamed Zucchini Whole Wheat Roll Peaches</p>	<p>14</p> <p>Tuna Pasta Salad on a Bed of Greens Sliced Tomato Whole Wheat Bread Fruited Yogurt</p>
<p>17</p> <p>Country Chicken Macaroni & Cheese Baked Tomato Cornbread Plum</p>	<p>18</p> <p>Fish Sandwich Tomatoes & Lettuce Coleslaw Whole Wheat Bun Seasonal Fruit</p>	<p>19</p> <p>Chinese Beef Brown Rice Steamed Carrots & Peas Pineapple</p>	<p>20</p> <p>Hot Beef Sandwich Mashed Potatoes Green Bean Salad Whole Wheat Bread Seasonal Fruit Crisp</p>	<p>21</p> <p>Brat w/ Sautéed Onions & Mushrooms Baked Beans Whole Wheat Bun Fruit Yogurt</p>
<p>24</p> <p>Oven Fried Chicken Whipped Sweet Potatoes Lima Beans Whole Wheat Biscuit Applesauce</p>	<p>25</p> <p>Broccoli Cheese Quiche Potatoes O' Brian Stewed Tomatoes Whole Wheat Roll Naval Orange</p>	<p>26</p> <p>Chicken Salad Wrap w/ Lettuce & Tomato Cucumber Salad Flat Bread Pears</p>	<p>27</p> <p>Swiss Steak w/ Onions Roasted Potatoes Steamed Spinach Whole Wheat Roll Apple</p>	<p>28</p> <p>Hamburger on a Bun Macaroni Salad Three Bean Salad Pineapple Birthday Cake</p>