

September 2010

# Meals on Wheels

Monday

Tuesday

Wednesday

Thursday

Friday

		<p><b>1</b> Chicken Spaghetti Peas &amp; Carrots Wheat Bread Pineapple Crumble</p>	<p><b>2</b> Baked Pork Chops/Gravy Sweet Potatoes Turnip Greens Cornbread Applesauce</p>	<p><b>3</b> Corndog Corn Green Beans Peaches</p>
<p><b>6</b> Labor Day</p>	<p><b>7</b> Smothered Chicken Au Gratin Potatoes Squash Casserole Wheat Bread Mixed Fruit</p>	<p><b>8</b> Beef Mac Casserole Green Peas Wheat Bread Apple Cobbler</p>	<p><b>9</b> Stuffed Peppers Black-eyed Peas Cabbage Cornbread Peaches</p>	<p><b>10</b> Steak fingers Tator Tots Carrots Wheat Bread Pineapple</p>
<p><b>13</b> Fish Fillet New Potatoes Mixed Vegetables Wheat Bread Applesauce</p>	<p><b>14</b> Meatballs/Gravy Rice Broccoli Wheat Bread Mandarin Oranges</p>	<p><b>15</b> Hamburger on Bun Tater Tots Lettuce, Tomatoes, Onions Peach Crumble</p>	<p><b>16</b> Chicken Salad Pasta Salad Cottage Cheese/Pears Crackers Cookies</p>	<p><b>17</b> Salisbury Steak/Gravy Corn Peas Wheat Bread Pears</p>
<p><b>20</b> Chicken Tenders Mashed Potatoes Capri Vegetables Wheat Bread Mixed Fruit</p>	<p><b>21</b> Smoked Sausage Baked Beans Sauerkraut Wheat Bread Pineapple</p>	<p><b>22</b> Baked Chicken Macaroni &amp; Cheese Spinach Wheat Bread Peaches</p>	<p><b>23</b> Catfish Pinto Beans Coleslaw Wheat Bread Apple Cobbler</p>	<p><b>24</b> Meatballs &amp; Gravy Rice Green Beans Wheat Bread Mandarin Oranges</p>
<p><b>27</b> Peppered Swiss Steak Scalloped Potato Green Peas Wheat Bread Pears</p>	<p><b>28</b> Chicken Cutlet Sweet Potato Mixed Vegetables Wheat Bread Applesauce</p>	<p><b>29</b> Meatsauce Pasta Noodles Green Beans Wheat Bread Fruit Cobbler</p>	<p><b>30</b> Beef Enchiladas/Chili Pinto Beans Mixed Vegetables Wheat Bread Pears</p>	