

Meals on Wheels MENU • SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 All Centers Closed for Labor Day	6 Turkey & Cheese 2 Tomato & Lettuce 4 Wheat Bread 36 Marinated Carrots 9 Fruit Cocktail 16	7 Taco Salad 5 Taco Chips 14 Salsa 7 Mandarin Oranges 12 Blueberry Bran Muffin 34	8 Cottage Cheese & Berry Plate 22 Marinated Carrots 9 Glorious Morning Muffin 24 Animal Crackers 22	9 Egg Salad 5 Bun 25 Marinated California Blend Veggies 6 Apricots 17 Pickled Beets 7
12 PATRIOT DAY Mexican Chicken Salad 17 Taco Chips 28 Cucumber Salad 6 Fruited Gelatin 28	13 Ham, Turkey & Cheese 3 Lettuce & Tomato 4 Cranberry Walnut Bread 29 Broccoli Citrus Salad 14 Fresh Pear 23	14 Tuna Salad 9 Cukes 'n Vinegar 7 Blueberries 15 Clementine 9 Petit Pain Roll 25	15 Summer Cott Cheese Fruit Plate 36 Peas & Peanut Salad 10 Banana Muffin 36	16 Chef Salad 11 Marinated Carrots 9 Banana 27 Vanishing Oatmeal Cookie 23
19 Tuna Pasta Salad 28 Marinated California Veggies 6 Melon 9 Triple Chocolate Cookie 31	20 Turkey & Provolone 2 Lettuce & Tomato 4 Cranberry Walnut Bread 29 Macaroni Salad 23 Orange 14	21 Almond Chicken Salad 10 Carrot & Celery Sticks 3 Canned Prunes 23 Pineapple Juice 15 Naan Bread 20	22 Egg Salad 5 Hamburger Bun 25 Cukes 'n Vinegar 7 Fresh Pear 23	23 Meatloaf 14 Veggie Bread 24 Broccoli Citrus Salad 14 Banana 27
26 Ham & Cheese 3 Tomato & Lettuce 4 Bun 25 Italian Pasta Salad 27 Prune Juice 18	27 Chicken Waldorf Salad 9 Marinated California Blend 6 Peaches 14 Hawaiian Roll 19 Triple Chocolate Cookie 31	28 Summer Cottage Cheese & Confetti Bean Salad 16 Glorious Morning Muffin 24 Kiwi 11	29 Boiled Eggs 2 Peas & Cheese Salad 12 Grapes 16 Apple 22 Cranberry Walnut Bread 15	30 Tuna Apple Salad 10 Broccoli Raisin Salad 11 Banana 27 Naan Bread 13

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216
 Trailside: (989) 633-3790 • Mills: (989) 633-3788 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.