

# September 2023

## Meals On Wheels (MOW) Menu

## Meals on Wheels - 753-5084

<http://www.cortland-co.org/434/Area-Agency-on-Aging>

The suggested contribution is \$3.00.

Menu is subject to change without notice.

Mon	Tue	Wed	Thu	Fri
8oz 1% Milk Daily				1. Deluxe Cheeseburger: L&T, Onion, American Cheese, Bun, Pickles Baked Beans Banana
4.  <b>Labor Day Closed</b>	5.Spanish Rice Whole Wheat Roll Green Beans Mixed Fruit	6. Ham, Broccoli & Cheddar Casserole Capri Blend Vegetables Whole Wheat Bread Pineapple	7. Open Faced Hot Turkey Sandwich w/Gravy Mixed Vegetables Coleslaw Berry Crisp	8.Philly Chicken w/ Mushrooms, Peppers, Onion & Cheese on a Bun Mashed Sweet Potatoes Pears
11. Baked Chicken Parmesan Pasta and Sauce Spinach	12.Beef Stew Biscuit Peas Cinnamon Applesauce	13. Roast Pork Loin w/ Gravy Stuffing Brussel Sprouts Mixed Fruit	14. Marinated Chicken Breast Rice Pilaf Capri Blend Vegetables Coleslaw Whole Wheat Bread Peanut Butter Brownie	15. Swedish Meatballs Noodles Sliced Carrots Mandarin Oranges Fig Bar
18. Goulash Green Beans Whole Wheat Bread Pineapple Tidbits	19. Macaroni & Cheese Stewed Tomatoes Broccoli Pears	20. Meatloaf Mashed Potatoes w/Gravy Wax Beans Peanut Butter Brownie	21.Salisbury Steak Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread Hot Cinnamon Apple Slices	22. Sloppy Joes on a Bun Succotash Tossed Salad Peaches
25.Chicken N Biscuit Spinach Mixed Fruit	26.Hearty Chili Cornbread Mixed Vegetables Mandarin Oranges	27. <b>Happy Birthday!</b> Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Birthday Cake	28.Chipped Beef Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fruit Whip	29. Sausage, Peppers & Onions on a Bun Southern Style Black Eyed Peas Pears