

September 2022

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 Marinated Chicken Breast Rice Pilaf Capri Blend Vegetables Coleslaw Whole Wheat Bread Peanut Butter Brownie	2 Swedish Meatballs Noodles Sliced Carrots Mandarin Oranges Fig Bar
5. Labor Day Closed	6 Macaroni & Cheese Stewed Tomatoes Broccoli Pears	7 Meatloaf Mashed Potatoes and Gravy Wax Beans Peanut Butter Brownie	8 Salisbury Steak AuGratin Potatoes Mixed Vegetables Whole Wheat Bread Hot Cinnamon Apple Slices	9 Sloppy Joe on a Bun Succotash Tossed Salad Peaches
12 Chicken N Biscuit Spinach Mixed Fruit	13 Hearty Chili w/ Cornbread Mixed Vegetables Mandarin Oranges	14 Boiled Ham Dinner Cabbage & Carrots Potatoes Whole Wheat Bread Oatmeal Raisin Cookie	15 Chipped Beef Mashed Potatoes California Blend Vegetables Whole Wheat Bread Fruit Whip	16 Sausage, Peppers & Onions on a Roll Southern Style Black Eyed Peas Pears
19 Sweet & Sour Chicken over Rice Southwestern Blend Vegetables Vanilla Pudding w/topping	20 Chicken Patty Loaded Baked Potato w/ Cheese & Broccoli Tossed Salad Banana	21 Roast Beef & Gravy Garlic Mashed Potatoes Baby Carrots Baked Beans Fruited Jell-O	22 Breakfast Egg Scramble: Ham, Broccoli, & Cheese Creamy Pea Salad Potatoes O'Brien Good Morning Muffin	23 Vegetable Stew Whole Wheat Roll Coleslaw Mashed Sweet Potato Fresh Fruit Salad
26 Ham and Scalloped Potatoes Peas Beets Apricots	27 Salisbury Steak Au Gratin Potatoes Tossed Salad Cinnamon Applesauce	28 Happy Birthday! Yankee Pot Roast Boiled Potatoes Baby Carrots Whole Wheat Bread Birthday Cake	29 Stuffed Shells Cauliflower Peaches Whole Wheat Bread Oatmeal Raisin Cookie	30 Deluxe Cheeseburger Lettuce, Tomato, Onion, American Cheese on Bun Baked Beans Banana