

# Natrona County Meals On Wheels Menu

September 2016

Questions? Call us, **265-8659**  
 (All meals are served with 8oz. milk.)

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>29-Aug</b> Beef Tips w/Gravy Over Rice Asparagus Spinach Mushroom Salad Prunes Wheat Bread Milk	<b>30-Aug</b> Breaded Fish Tater Tots Sunshine Carrots Blueberry Almond Garden Salad Yogurt Wheat Bread Milk	<b>31-Aug</b> Pork Chops w/Mushroom Gravy Mashed Potatoes w/Gravy Green Beans Cobb Salad Fresh Fruit Wheat Bread Milk	<b>1-Sep</b> Bbq Chicken Potato Salad Coleslaw Peaches Muffins Milk	<b>2-Sep</b> Western Omelet Turkey Sausage Breakfast Potatoes Tomato & Feta Cheese Salad Strawberries Biscuit V-8 Juice Milk
<b>5-Sep</b> **Closed** Labor Day Meal Will Be Delivered Frozen On Thursday Sept. 1st Chicken & Noodles Vanilla Goldfish Grahams Raisins Saltine Cracker Orange Juice Tangerine Juice	<b>6-Sep</b> Baked Chicken Mashed Potatoes w/Gravy Zucchini Sherbet Bananas Wheat Bread Milk	<b>7-Sep</b> Beef Stew Lima Beans Cottage Cheese Pears Wheat Bread Milk	<b>8-Sep</b> Caesars Pork Roast Baked Potato Beets Greek Salad Grapefruit Wheat Bread Milk	<b>9-Sep</b> Tuna Noodle Casserole Trio Blend Vegetables Crunchy Calico Salad Chunky Applesauce Wheat Roll Milk
<b>12-Sep</b> Bbq Pork Wings Potato Wedges Stewed Tomatoes Three Bean Salad Grapes Wheat Bread Milk	<b>13-Sep</b> Swiss Steak Rice Winter Blend Vegetable Pea Salad Prunes Wheat Bread Milk	<b>14-Sep</b> Oven Fried Cajun Chicken Mashed Potatoes w/Gravy Carrots Fruit Salad Jello Wheat Bread Milk	<b>15-Sep</b> Leg Of Lamb Rosemary Potatoes Brussels Sprouts Cucumber, Tomato, & Zucchini Salad Fresh Fruit Wheat Rolls Milk	<b>16-Sep</b> Reuben Meatball Casserole Riviera Blend Vegetable Marinated Vegetable Salad Fruit Cocktail Wheat Bread Milk
<b>19-Sep</b> Beef Patties w/Gravy Mashed Potatoes w/Gravy Carrots Apples Slices Pudding Wheat Bread Milk	<b>20-Sep</b> Country Scalloped Potatoes w/Ham Sugar Snap Peas Zesty Vegetable Salad Mandarin Oranges Wheat Bread Milk	<b>21-Sep</b> Garden Burgers Criss Cut Fries Chuckwagon Blend Vegetable Apricots Cake Milk	<b>22-Sep</b> Chicken Lasagna Spinach Garden Vegetable Salad Pineapple Garlic Bread Milk	<b>23-Sep</b> Beef Fajita's Ranch Style Beans Lettuce & Tomato Salad Peaches In Orange Sauce Oatmeal Raisin Cookie Tortillas Milk
<b>26-Sep</b> Spaghetti w/Meat Sauce Green Beans Carrot & Celery Sticks Peachy Pudding Apple Juice Garlic Bread Milk	<b>27-Sep</b> Breaded Ranch Chicken Mashed Potatoes w/Gravy Stewed Tomatoes Homestyle Vegetable Salad Prunes Wheat Bread Milk	<b>28-Sep</b> Roast Beef Potato Wedge Sicilian Blend Vegetables Pea Salad Fresh Fruit Wheat Roll Milk	<b>29-Sep</b> Asparagus & Ham Quiche Sweet Potato Greek Salad Mandarin, Pineapple, & Grape Cup Cinnamon Roll Orange Juice	<b>30-Sep</b> Beef & Broccoli Stir Fry Over Rice Asparagus Cabbage Salad Raisins Wheat Bread Milk

This Menu may be changed at any time. Substitutions are made to satisfy the requirements of therapeutic diets and personal preferences.