

Natrona County Meals On Wheels Menu

September 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-Aug Beef Stew Lima Beans Lettuce & Tomato Salad Pears Wheat Bread Milk	30-Aug Tuna Noodle Casserole Capri Vegetable Blend Crunchy Calico Salad Tropical Fruit Wheat Bread Milk	31-Aug Beef Patties w/Gravy Mashed Potato w/Gravy 5 Way Vegetable Blend Plums Pudding Wheat Bread Milk	1-Sep Baked Chicken Mashed Potato w/Gravy Peas & Onions Cucumber, Tomato, & Zucchini Salad Fresh Fruit Wheat Roll Milk	2-Sep Leg Of Lamb Rosemary Potato Brussels Sprouts Spinach Salad Prunes Wheat Bread Milk
5-Sep **Closed** Labor Day Meal Will Be Delivered Thursday September 1st Beef Stew Applesauce Nutrigrain Bar Wheat Crackers Orange Tang Juice	6-Sep Swiss Steak Over Pasta Chuckwagon Vegetable Blend Coleslaw Fruit Cocktail Wheat Bread Milk	7-Sep Crunchy Garlic Chicken Mashed Potato w/Gravy Scandinavian Vegetable Blend Zesty Vegetable Salad Mandarin Oranges Wheat Bread Milk	8-Sep Caesars Pork Roast Baked Potato Broccoli Greek Salad Prunes Wheat Roll Milk	9-Sep Beef Shepherd's Pie Asparagus Zucchini & Mushroom Salad Peaches Wheat Bread Milk
12-Sep Beef & Broccoli Stir Fry Over Rice Sugar Snap Peas Cabbage Salad Raisins Wheat Bread Milk	13-Sep Parmesan Baked Cod Sweet Potato Fries Italian Vegetable Blend Creamy Cauliflower Salad Prunes Wheat Bread Milk	14-Sep Roast Beef Mashed Potatoes w/Gravy Sicilian Vegetable Kidney Bean Salad Fresh Fruit Wheat Roll Milk	15-Sep Chicken Lasagna Spinach Garden Vegetable Salad Pineapple Garlic Bread Milk	16-Sep Pork Chops Mashed Potatoes w/Gravy Zucchini Marinated Vegetable Salad Applesauce Wheat Bread Milk
19-Sep Pasta Primavera w/Italian Sausage Willamette Vegetable Peaches Yogurt Wheat Bread Milk	20-Sep Chicken Breast Mashed Potatoes w/Gravy Mediterranean Vegetable Mixed Green Salad Fresh Fruit Wheat Bread Milk	21-Sep Meatloaf Baked Potato Peas & Carrots Homestyle Vegetable Salad Prunes Wheat Bread Milk	22-Sep Ham Mashed Potato w/Gravy Green Beans Mandarin Orange, Pineapple, & Grape Cup Jello Wheat Roll Milk	23-Sep Roasted Salmon Red Buttered Potato California Normandy Tossed Vegetable Salad Tropical Fruit Wheat Bread Milk
26-Sep BBQ Pork Ribs Sweet Potatoes Yellow Squash Pea Salad Banana Wheat Bread Milk	27-Jun Salisbury Steak w/Mushroom Gravy Mashed Potato w/Gravy Broccoli Carrot, Cucumber Veggie Slaw Prunes Wheat Bread Milk	28-Sep Orange-Rosemary Chicken Mashed Potatoes w/Gravy Baby Carrots Spinach & Strawberry Salad w/Poppy Seed Dressing Applesauce Wheat Bread Milk	29-Sep Goulash Key West Blend Vegetable Garden Bounty Salad Fresh Fruit Wheat Roll Milk	30-Sep Turkey Mashed Potatoes w/Gravy Country Vegetable Blend Bacon, Broccoli & Raisin Salad Apricot Wheat Bread Milk