

Natrona County Meals On Wheels Menu

September 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4-Sep **CLOSED** LABOR DAY Meals will be delivered Thursday August 31st Cheesy Potatoes & Turkey Ham Nutrigrain Bar Sunflower Seeds Fruit Punch / Milk</p>	<p>5-Sep Salibury Steak w/Mushroom Gravy Mashed Potato w/Gravy Broccoli Carrot, Cucumber, Veggie Slaw Prunes Wheat Bread Milk</p>	<p>6-Sep Orange-Rosemary Chicken Roasted Red Potato Baby Carrots Spinach & Strawberry Salad w/Poppy Seed Dressing Applesauce Wheat Bread Milk</p>	<p>7-Sep Goulash Key Biscayne Garden Bounty Salad Fresh Fruit Wheat Roll Milk</p>	<p>8-Sep Turkey Mashed Potatoes w/Gravy Country Vegetable Blend Bacon, Broccoli, & Raisin Salad Apricot Wheat Bread Milk</p>
<p>11-Sep BBQ Pork Rib Sweet Potato Yellow Squash Pea Salad Banana Wheat Bread Milk</p>	<p>12-Sep Crunchy Garlic Chicken Mashed Potato w/Gravy Scandinavian Vegetable Blend Zesty Vegetable Salad Mandarin Oranges Wheat Bread Milk</p>	<p>13-Sep Swiss Steak Over Pasta Chuckwagon Vegetable Blend Coleslaw Fruit Cocktail Wheat Bread Milk</p>	<p>14-Sep Caesars Pork Roast Baked Potato Broccoli Greek Salad Prunes Wheat Roll Milk</p>	<p>15-Sep Beef Shepherd's Pie Asparagus Zucchini & Mushroom Salad Peaches Wheat Bread Milk</p>
<p>18-Sep Beef & Broccoli Stir Fry Over Rice Peas & Onions Cabbage Salad Raisins Wheat Bread Milk</p>	<p>19-Sep Parmesan Baked Cod Sweet Potato Fries Italian Vegetable Blend Creamy Cauliflower Salad Prunes Wheat Bread Milk</p>	<p>20-Sep Roast Beef Mashed Potatoes w/Gravy Sicilian Vegetable Kidney Bean Salad Fresh Fruit Wheat Roll Milk</p>	<p>21-Sep Chicken Lasagna Spinach Garden Vegetable Salad Pineapple Garlic Bread Milk</p>	<p>22-Sep Pork Chops Mashed Potatoes w/Gravy Zucchini Marinated Vegetable Salad Applesauce Wheat Bread Milk</p>
<p>25-Sep Pasta Primavera w/Italian Sausage Willamette Vegetable Peaches Yogurt Wheat Bread Milk</p>	<p>26-Sep Chicken Breast Mashed Potatoes w/Gravy Garden Vegetable Blend Mixed Green Salad Fresh Fruit Wheat Bread Milk</p>	<p>27-Sep Meatloaf Baked Potato Peas & Carrots Homestyle Vegetable Salad Prunes Wheat Bread Milk</p>	<p>28-Sep Ham Mashed Potato w/Gravy Green Beans Mandarin Orange, Pineapple & Grape Cup Jello Wheat Roll Milk</p>	<p>29-Sep Roasted Salmon Red Buttered Potato California Normandy Tossed Vegetable Salad Tropical Fruit Wheat Bread Milk</p>

This Menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.