



Meals on Wheels of Greeley SEPTEMBER 2018 Menu

SEPTEMBER 3 CLOSED	SEPTEMBER 4 BEEF w/ PEPPERS BAKED POTATO OREGON VEGGIES BREAD BEET SALAD BANANA	SEPTEMBER 5 POTATO CRUNCH FISH TARTAR SAUCE RICE PILAF BROCCOLI w/CHEESE BREAD GARBANZO SALAD PEACHES	SEPTEMBER 6 HAM w/ CRANBERRY SAUCE RED BLISS POTATOES CARROTS BREAD KALE SALAD w/ DRESSING LENTIL COOKIES	SEPTEMBER 7 BAKED CHICKEN MACARONI&CHEESE PEAS w/ PIMENTO FRUIT SALAD BRAN MUFFIN
SEPTEMBER 10 HAMBURGER w/ MAYO, MUSTARD, LETTUCE, TOMATO, ONION BAKED BEANS CORN CANNED MANDARIN ORANGES	SEPTEMBER 11 CHICKEN TETRAZINI BRUSSELS SPROUTS WINTER BLEND VEGGIES BREAD FRESH APPLE CUSTARD	SEPTEMBER 12 PORK LOIN MASHED POTATOES w/ GRAVY SPINACH w/ALMONDS BREAD TOMATO SALAD KIWI	SEPTEMBER 13 LEMON BAKED FISH RED BLISS POTATOES PEAS AND CARROTS BREAD BROCCOLI PEANUT SALAD CHERRY CRISP	SEPTEMBER 14 SALISBURY STEAK w/ MUSHROOM GRAVY CHEESEY MASHED POTATOES BRUSSELS SPROUTS BREAD COLESLAW PLUMS
SEPTEMBER 17 SHEPHARD'S PIE w/ MASHED POTATOES CREAMED SPINACH BEETS BULGUR SALAD BANANA	SEPTEMBER 18 BISCUIT w/ SAUSAGE GRAVY BROCCOLI STEWED TOMATOES KIWI APPLE CRISP	SEPTEMBER 19 BEEF PICADILLO SCANDINAVIAN VEGGIES RED BEANS & RICE BREAD TROPICAL FRUIT YOGURT	SEPTEMBER 20 CHICKEN BARLEY CHILI GARDEN VEGGIES BEETS CORNBREAD CHERRY CRISP	SEPTEMBER 21 COUNTRY STYLE PORK BAKED POTATO NW BLEND VEGGIES CONFETTI BLACK EYE PEA SALAD FRESH ORANGE
SEPTEMBER 24 BEEF STEW BROCCOLI OKRA & TOMATOES BREAD GARBANZO SALAD PEACH CRISP	SEPTEMBER 25 PORK CARNITAS SPANISH GREEN BEANS SPANISH RICE LATIN COLESLAW KIWI LENTIL COOKIE	SEPTEMBER 26 POLISH SAUSAGE w/ MUSTARD SWEET POTATOES NW BLEND VEGGIES RED BEANS & RICE BREAD FRESH ORANGE	SEPTEMBER 27 BEEF MACARONI CASSEROLE LIMA BEANS CAULIFLOWER BREAD CELERY SALAD PEACHES	SEPTEMBER 28 SCRAMBLED EGGS w/ PEPPERS & ONIONS SAUSAGE PATTY FRENCH TOAST STIX w/ COMPOTE SPINACH & ALMONDS CHERRY TOMATOES BANANA

All meals contain 1% Milk

Margarine served with Bread and Baked Potato

MENU CHANGES MAY OCCUR WITHOUT NOTICE

LMS 8/22/18