

**Meals on Wheels of Ramsey County September 2017**  
**Menu may have slight variations by location.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Sept 1</b>
				Baked Penne w/Meat Sauce Steamed Broccoli Fresh Fruit Vanilla Pudding
<b>Sept 4</b>	<b>Sept 5</b>	<b>Sept 6</b>	<b>Sept 7</b>	<b>Sept 8</b>
<b>BAG LUNCH</b> Chicken Salad on Croissant Caesar Pasta Salad Fruit Cup Banana Bar	Lemon Pepper Tilapia Tartar Sauce Wild Rice Pilaf Mixed Vegetables Fresh Fruit Tapioca Pudding <b>ALT:</b> Lemon Herb Chicken Breast	Breakfast Platter Muffin Turkey Sausage Colby Cheese Omelet Breakfast Potatoes Chilled Peaches	Sweet & Sour Chicken Brown Rice Oriental Blend Veggies Mandarin Oranges Fortune Cookie	Pork Loin Baked Sweet Potato Peas w/Pearl Onions Cinnamon Apples French Bread <b>ALT:</b> Chicken Breast
<b>Sept 11</b>	<b>Sept 12</b>	<b>Sept 13</b>	<b>Sept 14</b>	<b>Sept 15</b>
Stuffed Chicken Breast Kiev White Rice Bermuda Blend Veggies Banana Nut Muffin Pineapple Chunks	Tuna Pasta Salad Marinated 3-Bean Salad Fruit Cocktail Strawberry Cream Strudel Bites <b>ALT:</b> Chicken Pasta	Beef Lasagna Italian Beans Fresh Fruit Jello Fluff	Steak Burger w/Cheddar Potato Wedges Ketchup Baked Beans Fresh Fruit	Turkey Meatloaf w/Cranberry Glaze Mashed Sweet Potatoes Peas & Carrots Chocolate Tart w/Topping
<b>Sept 18</b>	<b>Sept 19</b>	<b>Sept 20</b>	<b>Sept 21</b>	<b>Sept 22</b>
BBQ Beef Riblet Whole Grain Roll Crinkle Cut Fries Chuckwagon Corn Fresh Fruit Pickles	Chicken Parmesan Garlic Mashed Potatoes Green Beans Chocolate Chip Cake	Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Spice Cake w/Frosting	Turkey Cranberry Pasta Salad 3 Bean Salad Fruit Cocktail Chocolate Chip Cookie	Country Fried Steak w/Gravy Mashed Potatoes Italian Veggie Blend Pull Apart Roll Chocolate Cupcake
<b>Sept 25</b>	<b>Sept 26</b>	<b>Sept 27</b>	<b>Sept 28</b>	<b>Sept 29</b>
Meatballs in Gravy Mashed Potatoes Green Beans Multigrain Bread Peach Slices Cherry Streusel Bites	Chicken Cheddar Pasta Salad Sliced Beets Tropical Fruit Caramel Sea Salt Cookie	Beef Pot Roast Mashed Potatoes & Gravy Carrot Coins Confetti Cake	Ham Steak Smashed Potatoes Scandinavian Veggies Dinner Roll Fresh Fruit <b>ALT:</b> Chicken Breast	Chicken Fajita Spanish Rice Taco Sauce Sour Cream Fresh Fruit Sugar Cookie

**Beverage choice of 1% milk or juice is served with every meal. Call us to order weekend meals.**  
**Meal choices below are available for special order anytime. Please call as soon as possible.**

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| 1. Roast Turkey & Gravy | 2. Biscuits & Sausage Gravy |
| 3. Chicken Stir Fry     | 4. Flame Broiled Hamburger  |