


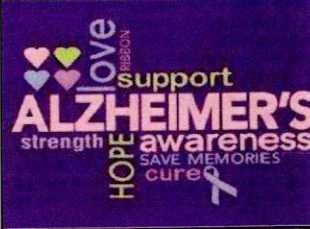


Meals on Wheels Delivery September 2021



MARION POLK FOOD SHARE
MEALS ON WHEELS



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Sept. 1-3			DBL. MILK Southwest Chicken Salad Spanish Rice Cherry Tomatoes Bean Dip Tortilla Chips Pears	Peas & Cheese Honey Dijon Chicken, Rice, Mixed Veg, Dinner Roll Mixed Fruit + frozen for 09/06	Kale & Broccoli Salad Spaghetti W/Meat Sauce Italian Veg Rosemary Bread Angel Food Cake
Week 2 Sept. 6-10	 <p>IN HONOR OF LABOR DAY We WILL BE CLOSED</p>	Three Bean Salad Chicken Casserole Broccoli Dinner Roll Fruit Snack	Potato Salad BBQ Chicken Baked Beans Chuckwagon Corn Dinner Roll Fruit Cocktail	House Salad Baked Fish or Chicken, Tots Brussel Sprouts Dinner Roll Pears	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie
Week 3 Sept. 13-17	Beet Salad Chili Con Carne Brown Rice Italian Veg Corn Bread Table Grapes	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Pudding	Mexi-Slaw Chicken Enchilada Mixed Veg Chips & Salsa Pears	House Salad Hungarian Goulash Broccoli Mixed Veg Dinner Roll Apple Crisp	Broccoli Kale Salad Lemon Dill Chicken Brown Rice Brussel Sprouts Dinner Roll Mixed Fruit
Week 4 Sept. 20-24	Peas & Cheese Penne w/Meat Sauce Italian Veg Sourdough Bread Birthday Cake	Potato Salad Baked Fish or Chicken Peas & Carrots Dinner Roll Fruit Snack	Asian Slaw Orange Chicken Fried Rice Broccoli Pears Fortune Cookie	Three Bean Salad Cheese Tortellini Italian Veg Sourdough Bread Pudding	House Salad Garlic Herb Chicken Brown Rice Mixed Veg Dinner Roll Fruit Cocktail
Week 5 Sept. 27-30	Beet Salad Swedish Meatballs Egg Noodle Green Beans Dinner Roll Brownie	House Salad Grilled Salmon or Chicken Brown Rice Brussel Sprouts Pears	Beet Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruit Cocktail	Three Bean Salad Chicken Casserole Broccoli Dinner Roll Fruit Snack	

Meals on Wheels Office 503-364-2856