

Center 50+ Dining Room Menu September 2018

Lunches purchased with the ticket program are not to be taken to go—the funding program requires they be eaten in-house. Talk with Julia, Carla or Mel (upstairs in the MOW office) if you have any questions.

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 September 4th-7th		Three Bean Salad Beef Ravioli Italian Vegetables Sourdough Bread Pudding	House Salad Chili Con Carne Brown Rice Green Beans Dinner Roll Apple Crisp	House Salad Herb Crusted Chicken Mashed Potatoes Broccoli Dinner Roll Fruit Salad	Peas & Cheese Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O
Week 2 September 10th-14th	Spring Greens Chicken Salad Cucumbers Grape Tomatoes Shredded Carrots Dinner Rol IPears	House Salad Roast Pork or Chicken Mashed Potatoes Brussel Sprouts Dinner Roll Apple Crisp	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Sloppy Joes Broccoli Hamburger Bun Angel Food Cake	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Biscuit Watermelon
Week 3 September 17th-21st	Beet Salad Beef Burgundy Egg Noodles Green Beans Dinner Roll Tropical Fruit	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Brownies	Macaroni Salad Chicken Teriyaki Rice Sugar Snap Peas Oranges Fortune Cookie	Coleslaw Salmon Cake Green Beans Dinner Roll Birthday Cake
Week 4 September 24th-28th	Three Bean Salad Cheese Ravioli Italian Vegetables Sourdough Bread Pudding	Asian Slaw Beef & Broccoli Brown Rice Sugar Snap Peas Oranges Fortune Cookie	House Salad Herb Roasted Chicken Mashed Potatoes Broccoli Dinner Roll Fruit Salad	Beet Salad Swedish Meatballs Egg Noodles Italian Vegetables Sourdough Bread Angel Food Cake	House Salad Chili Con Carne Brown Rice Green Beans Dinner Roll Pears



Meals on Wheels Office 503-364-2856