




Meals on Wheels September 2019 South Salem Dining

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Sept. 2-6		Three Bean Salad Beef Ravioli Italian Veg Rosemary Bread Pudding	Beet Salad Swedish Meatballs Egg Noodles Italian Veg Sourdough Bread Angel Food Cake	Mac Salad Chicken teriyaki Rice Sugar Snap Peas Oranges Fortune Cookie	Peas & Cheese Baked fish or chicken Tater Tots Broccoli Dinner Roll Jell-O
Week 2 Sept. 9-13	Spring Greens Chicken Salad Cucumbers Grape Tomatoes Shredded Carrots Dinner Roll, Pudding	Spring Greens Chicken Salad Cucumbers Grape Tomatoes Shredded Carrots Dinner Roll, Apple Crisp	House Salad Chile Con Carne Brown Rice Green Beans Dinner Roll Pears	House Salad Herb Crusted Chicken Mash Potatoes Broccoli Dinner Roll Fruit Salad	House Salad Herb Crusted Chicken Mash Potatoes Broccoli Dinner Roll Watermelon
Week 3 Sept. 16-20	Beet Salad Beef Burgundy Egg Noodles Green Beans Dinner Roll Tropical Fruit	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Pudding	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	Beet Salad Sloppy Joes Broccoli Hamburger Bun Pears	Coleslaw Salmon Cake/ Baked Chicken Rice Pilaf, Dinner Roll Green Beans Birthday Cake
Week 4 Sept. 23-27	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Beet Salad Swedish Meatballs Egg Noodles Italian Veg Sourdough Bread Angel Food Cake	House Salad Salisbury Steak Mashed Potato Green Beans Dinner Roll Brownie	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Watermelon	Peas & Cheese Baked fish or chicken Tater Tots Broccoli Dinner Roll Jell-O
Week 5 Sept. 30	Peas & Cheese Baked fish or chicken Tater Tots Broccoli Dinner Roll Jell-O				

Meals on Wheels Office 503-364-2856