





Racine County Meals on Wheels Menu

September 2019 833-8766

Call before 9:30 am the previous day (Monday-Friday) to cancel a meal.

<p>2 Closed for Labor Day</p>	<p>3 Italian sausage and marinara Scalloped potatoes Brussels sprouts multigrain roll Fresh melon</p>	<p>4 Jambalaya Brown rice and red peppers Broccoli Corn bread Chilled pears</p>	<p>5 Dilled Tuna Salad Wheat Sandwich Bun Lettuce/Tomato Garbanzo & Kidney Bean-Carrots Balsamic Chilled peaches</p>	<p>6 Chicken Marbella Rice Florentine Country Blend Veggies Whole Wheat Bread Whole Orange</p>
<p>9 Kielbasa Dilled Baby Red Potatoes Bean Casserole Rye Bread Fruit Cup</p>	<p>10 Orzo Chicken Salad Mixed Salad Greens Herbed Tomato Wedges Multi-Grain Bread Pineapple Tidbits</p>	<p>11 Spinach & Swiss Souffle Potato Hash Fruit Cup Corn Bread Fresh Orange</p>	<p>12 Baked Meatloaf W/Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Bread Banana</p>	<p>13 Potato Crusted Fish Au Gratin Potatoes Cole Slaw Whole Wheat Bread Hot Applesauce</p>
<p>16 Meatball/Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Soft Hoagie Roll Whole Orange</p>	<p>17 Salisbury Steak & Vegetables Mashed Potatoes Cabbage & Carrots Multi-Grain Bread Ranger Cookie</p>	<p>18 Ham & Turkey Club Focaccia Flat Bread Lettuce/Tomato Pea Salad Pineapple Tidbits</p>	<p>19 Chicken & Mini Dumplings Garden Vegetables Corn/Black Bean Salad Multi-Grain Dinner Roll Hot Glazed Apples</p>	<p>20 Veal Parmesan Penne Pasta W/Marinara Sauce Broccoli Wheat Vienna Bread Fresh Melon</p>
<p>23 Chicken Ala Orange Vegetable Rice Pilaf Bean Salad Wheat Cranberry Bread Hot Peach Crumble</p>	<p>24 French Dip of Beef W/ Mushrooms/Onions Oven Fries Harvard Beets French Roll Melon</p>	<p>25 Classic Lasagna W/Meat Sauce Squash Medley Italian Green Beans Garlic Bread Oatmeal Raisin Cookie</p>	<p>26 Surimi Crab Salad Mixed Salad Greens W/Tomato Wedges Dilled Cucumbers Whole Wheat Bread Apple Crisp</p>	<p>27 Hot Dog Twice Baked Potato Casserole Peas & Carrots Hot Dog Bun Banana</p>
<p>30 Prime Rib of Pork Sweet Potato Mashed Chef's Vegetables Rye Bread Strawberry Yogurt</p>				

Menu is subject to change

Diabetic Dessert is offered

Choice of 1%, skim milk, or juice included with each meal