


Racine County Meals on Wheels/Congregate Menu

SEPTEMBER 2022 833-8766

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

		1 Chef's Choice Frozen (will be delivered/picked up Wednesday)	2 Turkey Pasta Salad w/shells Lettuce/tomato Tri-bean salad Whole wheat bread Pineapple tidbits	
		5 + 6 There will be NO DELIVERY on Monday, September 5th in observation of Labor Day. If you are in need of a meal for that day and Tuesday the 6th, please call the Nutrition Office no later than Friday, August 26th. Please call for more info.	7 BBQ Pulled Chicken Cheesy mashed potatoes; Broccoli Wheat sandwich bun Chilled pears	8 Chef's Choice Frozen (will be delivered/picked up Wednesday)
12 Kielbasa Dilled baby red potatoes Bean casserole Rye bread Fruit cup	13 Chef's Choice Frozen (will be delivered/picked up Monday)	14 Souffle Lorraine Potatoes O'Brien Fruit cup Blueberry muffin bread Whole orange	15 Chef's Choice Frozen (will be delivered/picked up Wednesday)	16 Potato Crusted Fish Filet; Coleslaw Au gratin potatoes Whole wheat bread Hot applesauce
19 Meatball Marinara Sub Sandwich Potatoes Italiano Italian green beans Wheat French roll Whole orange	20 Chef's Choice Frozen (will be delivered/picked up Monday)	21 COLD MEAL! Roasted Turkey Breast & Wisconsin Cheddar; Wheat kaiser; Pea salad Lettuce & tomato Pineapple tidbits	22 Chef's Choice Frozen (will be delivered/picked up Wednesday)	23 Veal Parmesan Penne Pasta w/marinara sauce; Broccoli Wheat Vienna bread Fresh melon
26 Chicken ala Orange Vegetable rice pilaf Bean salad Wheat cranberry bread Hot peach crumble	27 Chef's Choice Frozen (will be delivered/picked up Monday)	28 Classic Lasagna w/meat sauce Squash medley Italian green beans Whole wheat bread Chilled pears	29 Chef's Choice Frozen (will be delivered/picked up Wednesday)	30 Hot Dog Twice baked potato casserole Peas & carrots Wheat hot dog bun Banana

Menu is subject to change without notice

Diabetic Dessert is offered

Choice of 1% milk or juice included with each meal