



HOME DELIVERED MEAL MENU – September 2023

Nutrition, Inc.



				September 1 Meatballs w/Gravy Buttered Noodles Peas Wheat Bread Mandarin Oranges
September 4 Chicken Cutlet Cheesy Potatoes Carrots White Bread Gelatin	September 5 Lasagna w/Vegetable Cream Sauce Italian Green Beans Dinner Roll Warm Apple Crisp	September 6 Pepper Steak w/Gravy Cabbage & Noodles Peas Wheat Bread Fresh Fruit	September 7 Meatball Hoagie Home Fries Green Beans Pineapple Tidbits	September 8 Breaded Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit
September 11 Pasta & Meatballs Italian Green Beans White Bread Mandarin Oranges	September 12 Cheeseburger Seasoned Potatoes Peas Hamburger Roll Peaches	September 13 White Chicken Chili Carrots Brown Rice Fresh Fruit	September 14 Egg Frittata w/Ham, Peppers & Cheese Home Fries w/Cheese Mini Biscuit Fresh Fruit	September 15 Potato Crusted Fish Cheesy Whipped Potatoes Mixed Veggies White Bread Fruit Cup
September 18 Herb Roasted Chicken Breast w/Gravy Peas & Carrots Brussels Sprouts White Bread Cookie	September 19 Cabbage Roll w/Tomato Sauce Garlic Whipped Potatoes Carrots Dinner Roll Little Debbie	September 20 Meatloaf w/Gravy Seasoned Potatoes Corn White Bread Fresh Fruit	September 21 Pork Loin w/Gravy Au Gratin Potatoes Warm Apples w/Oatmeal Topping Dinner Roll Fresh Fruit	September 22 Swiss Steak w/Tomato-Onion Sauce White Rice Winter Blend Warm Cinnamon Pears
September 25 Chicken Patty w/Sauce & Cheese Brussels Sprouts Wheat Bread Warm Cinnamon Peaches	September 26 Stuffed Pepper Whipped Potatoes Yellow Beans Wheat Bread Cookie	September 27 Beef Tips w/Gravy Garlic Whipped Potatoes Peas Dinner Roll Mandarin Oranges	September 28 Teriyaki Chicken White Rice Broccoli Wheat Bread Fresh Fruit	September 29 Springs w/Meatballs Carrots White Bread Fresh Fruit

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.