



Meals on Wheels, a program of FeedMore WNY

AUGUST 2019 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTE ON SPECIAL DIETS: Meals may be different than stated on the menu to meet dietary requirements. If you are on a special diet and have questions, please contact the Nutrition Dept. at 822-2002.</p> <p>ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE</p>		Plan ahead!	1	2
		<p>Meals will not be served on Labor Day, Monday, September 2, 2019</p>	<p>Lasagna Roll w/ Meat Sauce/ California Mix Vegetable (34gCHO)</p> <p>Chicken Salad/ Wheat Bread (28gCHO)</p>	<p>Meatloaf w/ Swiss Gravy/ Mashed Potatoes/ Peas w/ Pearl Onions (44gCHO)</p> <p>Cottage Cheese w/ Fruit Garnish/ White Bread (17gCHO)</p>
5	6	7	8	9
<p>Cheese Omelet w/ Cheese Sauce/ Tater Tots/ Peppers, Onions & Tomatoes (35gCHO)</p> <p>Turkey/ Wheat Bread (20gCHO)</p>	<p>Chicken Breast w/ Gravy/ Mashed Sweet Potatoes/ Peas (49gCHO)</p> <p>Roast Beef/ Rye Bread (34gCHO)</p>	<p>Baked Rigatoni w/ Italian Sausage & Tomato Sauce/ Broccoli/ Green Beans (46gCHO)</p> <p>Egg Salad/ White Bread (27gCHO)</p>	<p>Breaded Pork Chop w/ Gravy/ Lazy Pierogi/ Carrots (37gCHO)</p> <p>White American Cheese/ Multigrain Bread (42gCHO)</p>	<p>Teriyaki Seasoned Beef Strips/ Oriental Mixed Vegetables/ Rice (60gCHO)</p> <p>Ham Salad/Wheat Bread/ Coleslaw (43gCHO)</p>
12	13	14	15	16
<p>Breaded Chicken Breast/ Gravy/Roasted Red Skin Potatoes/ French Bean Medley (27gCHO)</p> <p>Ham/ Wheat Bread (20gCHO)</p>	<p>Stuffed Shells w/ Tomato Meat Sauce & Mozzarella Cheese/Seasoned Spinach & Mushrooms/ Cauliflower (55gCHO)</p> <p>Tuna Salad/ Rye Bread (37gCHO)</p>	<p>Pork Ribette w/ BBQ Sauce/ Scalloped Potatoes/ Peas w/ Red Pepper (48gCHO)</p> <p>Chicken Salad w/ Cranberries/ Wheat Roll (32gCHO)</p>	<p>Herb Crusted Tilapia/ Zucchini w/ Diced Tomato (25gCHO)</p> <p>Cottage Cheese/ Rye Bread/ Unsalted Crackers (43gCHO)</p>	<p>Roast Beef w/ Gravy & Horseradish/ Mashed Potatoes/ Mixed Vegetables (38gCHO)</p> <p>Turkey/ Wheat Bread/ Carrot Pineapple Salad (33gCHO)</p>
19	20	21 Senior Citizen Day	22	23
<p>Beef Stew w/ Vegetables/ Brussel Sprouts (24gCHO)</p> <p>Peanut Butter & Jelly/ White Bread (38gCHO)</p>	<p>Turkey Breast w/ Gravy/ Mashed Potato/ Green Bean Casserole (35gCHO)</p> <p>Egg Salad/White Hamburger Roll (30gCHO)</p>	<p>Cabbage Roll/ Savory Meat Sauce/ Mashed Potato/Corn/ Dinner Roll(62gCHO)</p> <p>Tuna Salad/ White Bread (28gCHO)</p>	<p>Ham Steak/ Pineapple Topping/Sweet Potato/ Cabbage w/ Dill Sauce (48gCHO)</p> <p>Yellow American Cheese/ Rye Bread/ Mar. California Mix Salad(42gCHO)</p>	<p>Cheese Tortellini/Chicken Cream Sauce/ Italian Vegetables/ Broccoli/ Italian Bread(88g CHO)</p> <p>Chicken Breast/ Wheat Roll (25gCHO)</p>
26	27	28	29	30 Labor Day Meal
<p>Polynesian Chicken/ California Blend Veg/ Summer Squash w/ Red Pepper (17gCHO)</p> <p>Ham/ Rye Bread (34g)</p>	<p>Sloppy Joe/ Roasted Red Potatoes/ Butternut Squash / Wheat Bun (80gCHO)</p> <p>Turkey/ Italian Bread (30g)</p>	<p>Roast Beef w/ Gravy/ Cheesy Mashed Potatoes/ Sliced Carrots (38gCHO)</p> <p>Hard Boiled Eggs w/ Mayo/ Wheat Bread/ Coleslaw (34gCHO)</p>	<p>Vegetable Quiche/ Cheese Sauce/ Spinach/ Harvard Beets (48gCHO)</p> <p>Chicken Salad/ Wheat Bread (29gCHO)</p>	<p>Breaded Chicken Drumsticks/ Macaroni & Cheese/ Mixed Vegetables (37gCHO)</p> <p>Tuna Salad/ Wheat Bread (24gCHO)</p>

NEED TO CANCEL MEALS?

It is very important that you notify us if you are not going to be home to avoid unnecessary meal deliveries.

Please call 822-2002 by 2:00pm the day before you need to cancel.

The essential work done by Meals on Wheels, a program of FeedMore WNY, is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the U.S. Department of Health and Human Services, New York State Office for the Aging and Erie County's Departments of Senior Services and Social Services. For more information, visit www.mealsonwheelswny.org.