




Meals on Wheels, a program of FeedMore WNY

Menu for September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ANNOUNCEMENTS
2  No Meals Served Today	3 Breaded Chicken Breast/ Buffalo Sauce/Fiesta Corn/ Broccoli (33gCHO) Ham/ White Bread (24gCHO)	4 Sliced Roast Turkey w/ Gravy/ Mashed Sweet Potatoes/ Peas (41gCHO) Hardboiled Eggs w/ Mayo/ Wheat Hamburger Roll / Coleslaw (38gCHO)	5 Beef & Vegetable Stew/ Mashed Potatoes (40gCHO) Turkey/ White Hamburger Roll (27gCHO)	6 Roast Pork w/ Warm Cinnamon Apples/ Mashed Potatoes/ Carrots (38gCHO) Yellow American Cheese/ Wheat Bread/ Carrot Raisin Salad (38gCHO)	<p>FeedMore WNY will be closed on Monday, September 2, 2019 in observance of Labor Day. No meals will be served.</p> <p>It is very important that you notify us if you are not going to be home to avoid unnecessary meal deliveries.</p> <p>Please call (716) 822-2002 by 2:00pm the day before you need to cancel.</p> <p>Please see the back of this calendar for important emergency food information!</p>
9 Turkey a la King/ Mashed Potatoes/ Carrots (41gCHO) Sliced Ham/ Rye Bread (34gCHO)	10 Ham Steak/ Scalloped Potatoes/ Peas (37gCHO) Egg Salad/ Wheat Bread/ Four Bean Salad (33gCHO)	11 Baked Salmon w/ Pineapple Salsa/ Rice Pilaf/ Broccoli (21gCHO) Peanut Butter & Jelly/ White Bread (37g CHO)	12 Breaded Chicken Breast/ Tomato Sauce/ Mozzarella Cheese/ Wax Beans/ Carrots (19gCHO) Sliced Turkey/ Wheat Bread/ Coleslaw (33gCHO)	13 Sliced Roast Beef w/ Fresh Onion Gravy/ Sweet Potato/ Brussel Sprouts (40gCHO) Cooked Chicken Breast/ Wheat Hamburger Roll/ Pasta Salad (45gCHO)	
16 Italian Sausage w/ Pepper, Onions & Tomato Sauce/Bun/ Roasted Potatoes/ Mixed Veg (58gCHO) Cooked Chicken Breast/ Rye Bread (34gCHO)	17 Meatloaf w/ Gravy/ Mashed Potato/ Broccoli (38gCHO) Sliced Turkey/ Wheat Bread/ Carrot Raisin Salad (36gCHO)	18 Breaded Fish w/ Lemon Cream Sauce/ Sweet Potatoes/ Peas (60gCHO) Sliced Ham/ Rye Bread/ Coleslaw (37gCHO)	19 Veal Parmesan w/ Tomato Sauce/ Italian Green Beans/ Cauliflower (29gCHO) White American Cheese/ Wheat Bread (22gCHO)	20 Hamburger w/ Gravy/ Baked Beans/ Corn (70gCHO) Hardboiled Eggs w/ Mayo/ Wheat Bread/ Vegetable Pasta Salad (42gCHO)	
23 Pork Ribette w/ BBQ Sauce/ Cheesy Mashed Potatoes/ Seasoned Spinach w/ Mushrooms (40gCHO) Hardboiled Eggs w/ Mayo/ Wheat Bread (22gCHO)	24 Beef Stew/ Brussel Sprouts/ Mixed Vegetables (44gCHO) Sliced Turkey/ Rye Bread (34gCHO)	25 Beef Macaroni Casserole/ Mixed Vegetables/ Corn (46gCHO) Cooked Chicken Breast/ Italian Bread (30gCHO)	26 Roast Turkey w/ Gravy/ Mashed Potatoes/ Peas & Carrots (35gCHO) Meatloaf/ Wheat Bread/ Potato Salad (41gCHO)	27 Breaded Fish w/ Tartar Sauce/ Macaroni & Cheese/ Green Beans (44g CHO) Peanut Butter & Jelly/ White Bread/ Coleslaw (49gCHO)	
30 Cheese Ravioli/Tomato Meat Sauce/Peas/Summer Squash (55g CHO) Turkey/White Bread (24g CHO)	<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 (716) 822-2002. ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE</p>				