

MISSOULA *aging* SERVICES

MEALS ON WHEELS MENU SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/2/2019	9/3/2019	9/4/2019	9/5/2019	9/6/2019
<p>LABOR DAY HOLIDAY NO MEAL DELIVERY</p>	CREAMY CHICKEN TORTELLINI STEW BRUSSEL SPROUTS KIWI ANGEL FOOD CAKE ANGELFOOD CAKE (DIABETIC) ORANGE JUICE VEGETARIAN: TOFU & DUMPLING STEW	SPAGHETTI WITH MEAT SAUCE PASTA VEGETABLE BLEND ORANGE CHOCOLATE CAKE CHOCOLATE CAKE (DIABETIC) VEGETARIAN: MUSHROOM MARINARA	ZESTY RANCH CHICKEN WITH GRAVY MASHED POTATOES PEAS RED GRAPES BANANA BREAD CHEESECAKE (DIABETIC) VEGETARIAN: STUFFED PEPPERS & MARINARA, DINNER ROLL	PULLED PORK DINNER ROLL GREEN BEANS COLE SLAW SNICKERDOODLE COOKIE LEMON COOKIE (DIABETIC) VEGETARIAN: EGGPLANT PARMESAN
9/9/2019	9/10/2019	9/11/2019	9/12/2019	9/13/2019
BEEF CHILI CORNBREAD CORN RED APPLE CARROT CAKE CARROT CAKE (DIABETIC) VEGETARIAN: VEGETARIAN CHILI	CHICKEN TERIYAKI BROWN RICE ASPARAGUS TIPS ORANGE PEACH CRISP YOGURT PARFAIT (DIABETIC) GRAPE JUICE VEGETARIAN: VEGGIE SHEPHERD'S PIE	ROAST BEEF MASHED POTATOES CAULIFLOWER BANANA YELLOW CAKE WHITE CAKE (DIABETIC) VEGETARIAN: CURRIED SWEET POTATO CASSEROLE	MEATLOAF W/ GRAVY SWEET POTATOES CARROTS FRESH PEAR TAPIOCA PUDDING JELLO (DIABETIC) VEGETARIAN: VEGGIE LOAF W/ GRAVY	AMERICAN GOULASH W/ TURKEY GREEN BEANS CHOPPED HONEYDEW CHOCOLATE CHIP COOKIE CHOCOLATE CHIP COOKIE (DIABETIC) VEGETARIAN: VEGETARIAN GOULASH
9/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019
INSIDE OUT BEEF LASAGNA BROCCOLI GREEN APPLE CHEESECAKE CHEESECAKE (DIABETIC) VEGETARIAN: VEGETARIAN LASAGNA	BBQ CHICKEN BAKED POTATOES CORN O'BRIEN MANDRIN ORANGES ANGEL FOOD CAKE ANGEL FOOD CAKE (DIABETIC) APPLE JUICE VEGETARIAN: STUFFED PEPPERS W/ MARINARA SAUCE	BEEF STEW BISCUIT CAULIFLOWER SALAD & RANCH DRESSING CHOCOLATE CAKE CHOCOLATE CAKE (DIABETIC) VEGETARIAN: HUNGARIAN MUSHROOM STEW, BISCUIT	SWEET & SOUR CHICKEN BROWN RICE BRUSSEL SPROUTS BANANA VANILLA WAFERS VANILLA WAFERS (DIABETIC) VEGETARIAN: SWEET POTATO ENCHILADA CASSEROLE	CRUSTED COD W/ WINE CREAM SAUCE LEMON BASIL COUS COUS GREEN BEANS CHOPPED CANTALOUPE LEMON CAKE LEMON CAKE (DIABETIC) VEGETARIAN: EGGPLANT PARMESAN, DINNER ROLL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/23/2019	9/24/2019	9/25/2019	9/26/2019	9/27/2019
SWISS STEAK ASPARAGUS TIPS DINNER ROLL RED APPLE CHOCOLATE PUDDING CHOCOLATE PUDDING (DIABETIC) VEGETARIAN: VEGETARIAN MEATBALLS WITH PASTA MARINARA	ROASTED TURKEY WITH GRAVY SWEET POTATOES CORN ORANGE BROWNIE BROWNIE (DIABETIC) CRANBERRY JUICE VEGETARIAN: ROASTED ONION AND MUSHROOM SHEPHERD'S PIE	YANKEE POT ROAST RED POTATOES BABY CARROTS BANANA WHITE CAKE WHITE CAKE (DIABETIC) VEGETARIAN: VEGETARIAN CHILI, DINNER ROLL	MEATLOAF WITH GRAVY MASHED POTATOES PEAS APPLESAUCE BLUEBERRY COBBLER BLUEBERRY COBBLER (DIABETIC) VEGETARIAN: VEGGIE LOAF W/ MASHED POTATOES & GRAVY	MACARONI & CHEESE GREEN BEANS CHOPPED WATERMELON OATMEAL RAISIN COOKIE LEMON COOKIE (DIABETIC) VEGETARIAN: VEGETARIAN MACARONI & CHEESE

MONDAY
9/30/2019
BEEF STROGANOFF EGG NOODLES CARROTS GREEN APPLE VANILLA PUDDING VANILLA PUDDING (DIABETIC) VEGETARIAN: SWEET POTATO ENCHILADA

Thomas Cuisine and Missoula Aging Services are committed to serving you quality food that tastes good. It is very important for you to let us know within 24 hours of your meal delivery if you have received a food item that you are medically restricted from eating or you cannot eat, as in the case of meat too tough to chew or evidence of spoilage. THIS MENU IS SUBJECT TO CHANGE.

If you have questions about your meal service or to suspend service, call us at 728-7682.