



# City Fare Meals on Wheels Menu September 2020



Monday

Tuesday

Wednesday

Thursday

Friday

	9/1 Fire Braised Chicken w. Swiss Cheese & Caramelized Onions on Ciabatta Bread Sweet Potato Puffs Tropical Fruit Cup	9/2 Pot Roast in Au Jus Roasted Baby Bakers Cooked Cabbage Pineapple Tidbits Giant Graham Fish	9/3 Tuna Salad on Kaiser Roll Lettuce & Tomato Marinated Bean Salad Orangecicle Parfait	9/4 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Cup Apple Waffle Cookie
9/7  CLOSED	9/8 Grilled Chicken Breast Green Peas Carrots Blueberry Muffin Peach cup Yogurt	9/9 Stuffed Pepper Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread slice Fresh Plum or Apple	9/10 Crab Cake on Brioche Bun Stewed Tomatoes Corn Mixed Fruit Cup Tartar Sauce	9/11 Meatloaf with Gravy Corn Nuggets Spinach Pineapple Tidbit Cup
9/14 Hamburger on a Hamburger Roll Seasoned Greens Sweet Potato Wedges Fresh Plum or Orange Ketchup	9/15 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Mixed Fruit Cup Chocolate Chip Muffin	9/16 Grilled Chicken with Marinara Sauce & Mozzarella cheese over Penne Pasta Italian Blend Veggies Apple Sauce Dinner Roll	9/17 Turkey & Mozzarella on Ciabatta Bread with Balsamic Dressing, Lettuce & Tomato Red Skin Potato Salad w. Egg Chocolate Fudge Pudding	9/18 Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Banana Yogurt Banana
9/21 Cheese Ravioli in Meat Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice	9/22 Chicken Cordon Bleu Mashed Potatoes w. Gravy Broccoli Cuts Chocolate Rice Krispie Treat 	9/23 BBQ Chicken Roasted Baby Bakers Baked Beans Peach cup Strawberry Waffle Cookie	9/24 Cheese Omelet & Sausage Broccoli Spears Diced Red Potatoes w. Peppers & Onion Orange Blueberry Muffin	9/25 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread slice Yogurt Cranberry Sauce
9/28 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread loaf	9/29 Chicken Salad Platter Lettuce & Tomato Marinated Veggie Salad Ambrosia Whole Grain Saltines	9/30 Meatball Sub on Club Roll with Mozzarella Cheese Carrots Poached Pear Half	10/1 Italian Hoagie on White Sub roll w. shredded lettuce & tomato Pineapple tidbits Cucumber salad Mayo packet	10/2 Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange

- All meals subject to change. All meals contain 1% milk.
- Suggested minimum donation for persons 60+ is \$2.00.
- Cancellations must be called in to our office by 12:00 pm the day before the cancellation. We can no longer take cancellations the day of meal service. Ph# 421-3734