

CHAUTAUQUA COUNTY SENIOR NUTRITION PROGRAM

HEATABLE Meal for SEPTEMBER 2019

Menu is Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No Meal Delivery	3 Hot Dog Baked Beans Carrots Cookie Apple Juice	4 Meatloaf & Gravy Mashed Potatoes Squash Medley Pound Cake	5 Ham Salad on Shredded Lettuce Three Bean Salad Potato Salad Fruit Rye Bread	6 Manicotti/Marinara Spinach Grape Juice Pudding
9 Italian Sausage Italian Vegetables Macaroni Salad Hot Apple Slices	10 Chicken Cordon Bleu Mashed Potatoes Beets Muffin Loaf	11 Sloppy Joe Corn Potato Salad Applesauce	12 Ham Slice Scalloped Potatoes Green Beans Cookie	13 Pot Roast & Gravy Mashed Potatoes Carrots Fruited Gelatin
16 Cottage Cheese and Pineapple Sliced Peaches Muffin	17 Chicken Drumsticks Broccoli Potato Salad Cornbread Fruit	18 Spaghetti & Meatballs Grape Juice Italian Bread 24-hr Fruit Dessert	19 Cheeseburger Calico Beans Carrots Fruit Punch Lorna Doones	20 Lettuce with Cherry Tomatoes Diced Ham & Turkey Hard Boiled Egg Pound Cake Juice
23 Chicken Fingers Zucchini & Tomatoes Coleslaw Biscuit	24 Pizza Italian Vegetables Grape Juice Fruit Crisp	25 Souper Chicken Mashed Potatoes Mixed Vegetables Cookies	26 Spanish Rice Carrots Pineapple Juice Fruited Gelatin	27 BBQ Pork Green Beans Potato Salad Pudding
30 Seafood Salad Croissant Pasta Salad Coleslaw Fruit				

Meals on Wheels Telephone Number: 488-9119

NOTE: 1/2 pint of milk served with each meal

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COLD EVENING MEAL - *This meal cannot be ordered in place of the hot reheatable noon meal*

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2 No Meal Delivery	3 Chicken Salad Mediterranean Salad Peaches Wheat Bread	4 Bologna & Cheese Vegetable Juice Fruit Cocktail Wheat Bread	5 Omelet Orange Juice Muffin Loaf	6 Sliced Turkey Carrot-Raisin Salad Pears Wheat Bread
9 Tuna Salad Coleslaw Pineapple Wheat Bread	10 Salami & Cheese Marinated Vegetables Fruit Cocktail Wheat Bread	11 Egg Salad Orange Juice Cereal Bar Wheat Bread	12 Seafood Salad Pasta Salad Mandarin Orange Croissant	13 Peanut Butter & Jelly Apple Juice Donut Wheat Bread
16 Roast Beef Macaroni Salad Plums Rye Bread	17 Sliced Ham Three-Bean Salad Yogurt Wheat Bread	18 Chicken Salad Green Pea Salad Cookie Wheat Bread	19 Sliced Turkey Pickled Beets Pudding Wheat Bread	20 Cold Meatloaf Cucumber Salad Banana Wheat Bread
23 Ham Salad German Potato Salad Fruit Cocktail Wheat Bread	24 Egg Salad Copper Carrot Salad Muffin Loaf Wheat Bread	25 Tuna Salad Cheesy Macaroni Salad Peaches Wheat Bread	26 Cold Cut Sub Three-Bean Salad Cereal Bar Bun	27 Turkey & Cheese Pickled Beets Tropical Fruit Wheat Bread
30 Roast Beef & Provolone Corn Relish Donut Wheat Bread				

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NOTE: 1/2 pint of milk served with each meal