

**SENIOR
SEPTEMBER
2019**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED	TROPICAL CHIX SALAD CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS	LEMON TILAPIA WILD RICE PEAS DINNER ROLL FRUIT COCKTAIL
9	10	11	12	13
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS DICED PEARS	MOSTACCIOLI W\MEAT SAUCE CORN PEAS GARLIC BREAD PINEAPPLE TIDBITS	A.) BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI TOSSED SALAD/DRSG. ROLL \ CAKE B.) R. BEEF/CR. MUSH.	MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
16	17	18	19	20
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	SOUTHWEST SALAD BLK BEANS, CORN, CHEESE CHICKEN, TOMATO, ONION DINNER ROLL \ BUTTER FRUIT JUICE	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.) HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE \ TOMATO SPANISH RICE \ BEANS FRESH FRUIT
23	24	25	26	27
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE DINNER ROLL \ BUTTER MANDARIN ORANGES FRUIT JUICE	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A.) PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE
30				
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES				8 oz. Low Fat Milk served with all lunches.