

**SENIOR
SEPTEMBER
2022**



**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
8 oz. Low Fat Milk served with all lunches. 			1 ITALIAN SAUSAGE W\PEPPERS ON WGR BUN SEAS. POTATO WEDGES ITALIAN BLEND VEGGIES APRICOTS	2 A.) CRISPY FISH SAND. WGR WHEAT BUN\TARTAR POTATO PANCAKES PEAS DICED PEACHES B.) TURKEY/MINESTRONE
5	6	7	8	9
CLOSED	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	A. TURKEY BURGER WGR WHEAT BUN SWEET POTATO FRIES BROCCOLI APPLE CRISP B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WGR WHEAT BUN TATOR TOTS BAKED BEANS CHILLED APPLESAUCE
12	13	14	15	16
BBQ RIBLETT WGR WHEAT BUN CHEESY POTATOES COUNTRY MIXED VEG DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD - 1 CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS AMBROSIA FRUIT SALAD	A. LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEGGIES WGR DINNER ROLL DICED PEACHES
19	20	21	22	23
ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL FRUITED JELL-O B.) LIVER & ONIONS	CHICKEN ALA KING W\ WGR BUTTERMILK BISCUIT BROCCOLI MANDARIN ORANGES	TILAPIA & GARLIC BUTTER WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
26	27	28	29	30
B.B.Q. CHIX BREAST WGR DINNER ROLL SWEET POTATO TOTS CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN CHEESY POTATOES BROCCOLI DICED PEARS B.) HAM/VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS DICED PEACHES	FISH PATTY W\TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES STRAWBERRY APPLESC TARTAR SAUCE