

Vegetarian - September 2019

2	3	4	5	6	
Labor Day Holiday	Vegetable Boca Chili Cinnamon Applesauce Zucchini & Onion Saute Buttermilk Cornbread Cheesecake pudding Milk	Mac & Cheese Peas & Onions Orange Carrots Blueberry Muffin Jello w/fruit Milk	Baked Beans Green Beans Hot Fruit Salad Roll Chocolate Pudding Milk	Vegetable Lasagna Bermuda Blend Lima Beans Pears Cranberry Juice Milk	3
9	10	11	12	13	
Pinto Beans Penne Pasta Fiesta Corn Carrots Mandarin Oranges Wheat Bread Milk	Boca Steak Veg w/gravy Spanish Rice Broccoli & Cheese Succotash Fruit Cup Grape Juice Milk	Mac & Cheese Bermuda Blend Peas Carrots Cranberry juice Graham Crackers Milk	Boca w/demi glaze Green Beans Roast Red Potato Cinnamon Applesauce Orange Juice Roll Milk	Garden Burger w/Dressing w/gravy Mashed Potatoes California Blend Toss Salad Cranberry Sauce Milk	4
16	17	18	19	20	
Black-eyed Peas Spinach Saute Mashed Potatoes Hot Applesauce White Bread Vanilla Wafers Milk	Vegetarian Western Egg Bake Cole Slaw Carrots Peas Pineapple Milk	Vegetarian Pot Pie Squash & Tomatoes Hot Spiced Peaches Wheat Bread Strawberry Shortcake Milk	Veg (Boca) Lo Mein Malibu Blend Lima Beans Grape Juice Tropical Fruit Milk	Vegetable Tex Mex w/ black beans Green Beans Corn Mandarin Oranges Vanilla Pudding w/ Black Cherries Milk	1
23	24	25	26	27	
Hawaiian Garden Burger California Blend Green Peas Yellow Rice Wheat Bread Gingerbread Cookie Milk	Black Bean Mediterranean Orzo Malibu Blend Succotash Tropical Fruit Grape Juice Milk	Vegetable Stuffed Pepper Red Parsley Potatoes Collard Greens Orange Juice Bread Cheesecake Pudding Milk	Vegetable Baked Frittata Carrots Tortellini Pasta Stewed Apples & Raisins Blueberry Muffin Milk	Garden Burger /Dressing/wgravy Parmesan green beans Mashed Potatoes Cranberry Sauce or SF Vanilla Pudding w/Cherries Apple Juice Milk	2
30					
Cottage Cheese Red smash potatoes Mixed vegetables Cranberry bread pudding Peaches Orange Juice Milk					3

Going to be gone and not able to receive your meal?

Please call Meals on Wheels the day before by 4:00 to let us know. **Call: 828-692-6693**