



# Meals on Wheels menu September 2025

## REMINDERS

- You must be home to receive your meal(s) upon delivery.
- Please call our office at least two days prior if you know you will not be home.
- With advance notice, alternative meals can be sent to prevent you from missing or skipping your meal(s).
- When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  Happy Labor Day! (no meal service)	<b>2</b> Old Bay tuna salad on lettuce and tomato Pasta salad Crackers Fresh fruit salad Milk	<b>3</b> Baked "chicken-fried" steak with gravy Broccoli Mashed potatoes Fruit Yogurt Milk	<b>4</b> Fish with creole tomato sauce Grits Steamed cabbage Apple Strudel Milk	<b>5</b> Oven-fried chicken Okra and tomatoes Steamed rice Chocolate chip muffin Milk
<b>8</b> Barbeque chicken Turnip greens Macaroni and cheese Roll Cookies Milk	<b>9</b> Chicken Roti Jasmine rice Indian peas and potatoes Pita chips Mango custard Milk	<b>10</b> Cheeseburger with lettuce and tomato Baked beans Mayonnaise and mustard Peach crisp Milk	<b>11</b> Fajita chicken w/onions and peppers Fiesta rice Corn and black beans Fruit Danish Milk	<b>12</b> Beef stew w/potatoes and carrots Vegetable medley Whole wheat bread Applesauce Milk
<b>15</b> Salisbury steak w/gravy Squash Scalloped potatoes Fresh fruit Milk	<b>16</b> Spaghetti w/ meat sauce Italian herb veggies Tossed salad w/dressing Peach cobbler Milk	<b>17</b> Asian orange glazed chicken fritters Stir-fried vegetables Rice Cinnamon-spiced apples Milk	<b>18</b> Barbeque pork cutlet Sliced sweet carrots Snap green beans Mashed potatoes Fruit cocktail Milk	<b>19</b> Chicken salad on on lettuce and tomato Carrot-raisin salad Veggie pasta salad Crackers Chocolate pudding Milk
<b>22</b> Lemon pepper fish Capri mixed vegetables Okra and tomatoes Rice Oatmeal cookie Milk	<b>23</b> <b>Ukiyo Izakaya's</b> Sesame noodles Teriyaki beef & veggies Steamed cabbage <b>Ukiyo's</b> Vanilla rice pudding Milk	<b>24</b> Baked chicken with mushroom gravy Collard greens Roasted rosemary potatoes Vanilla pudding Milk	<b>25</b> Cheeseburger with lettuce and tomato Tator tots Vegetable medley Fresh fruit Milk	<b>26</b> Chicken Cordon Bleu Garlic herb green beans Broccoli Pound cake Milk
<b>29</b> Blackened chicken alfredo Peas and carrots Vegetable medley Individual cake Milk	<b>30</b> Old Bay tuna salad on lettuce and tomato Pasta salad Crackers Fresh fruit salad Milk			Call (912) 236-0363 at least 24 hours in advance to request a <u>substitute frozen meal</u> <b>Choice A - Poultry</b> <b>Choice B - Fish</b> <b>Choice C - Beef</b> <b>Choice D - Vegetarian</b>

\*Menu subject to market availability

(912) 236-0363 | [www.seniorcitizens-inc.org](http://www.seniorcitizens-inc.org) | toll-free (866) 579-2116