

Meals on Wheels of Denton County September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Due to unavailability of certain items, appropriate substitutions may need to be made				1 Cranberry Chicken Salad Side Items: Dill Potato Salad Marinated Vegetables Saltine Crackers Dessert: Fresh Orange
4 Labor Day Holiday	5 Hamburger Side Items: Lettuce and Tomatoes Ranch Roasted Potatoes Hamburger Bun Dessert: Warm Rice Pudding	6 Garlic Rosemary Pork Loin Side Items: Macaroni and Cheese Seasoned Greens Wheat Bread Dessert: Blonde Brownie	7 Baked Sweet Thai Chili Chicken Breast Side Items: Brown Rice Green Peas Wheat Bread Dessert: Fresh Banana	8 Chopped BBQ Beef Side Items: Chuckwagon Corn Ranch Style Beans Hamburger Bun Dessert: Carnival Cookie
11 Chili Macaroni Side Items: Steamed Yellow Squash Mixed Vegetables Texas Bread Dessert: Fruit Cup	12 Beef Burgundy Meatballs Side Items: Mashed Red Potatoes Peas and Pearl Onions Wheat Bread Dessert: Chocolate Chip Cookie	13 Creamy Mushroom Tortellini Side Items: Sliced Carrots Steamed Broccoli Dinner Roll Dessert: Strawberry Cupcake	14 Pimento Cheese Side Items: Tomato Basil Salad Beet Salad Wheat Bread Dessert: Cherry Gelatin	15 Beef Soft Taco Side Items: Fiesta Rice Mexican Pinto Beans Wheat Tortilla Dessert: Nutty Buddy Bar
18 Breaded Chicken Patty with Bechamel Sauce Side Items: Parslied Noodles Sliced Carrots Wheat Bread Dessert: Strawberry Swirl Pudding	19 Cheeseburger Sides Items: Lettuce and Tomatoes Baked Beans Hamburger Bun Dessert: Warm Apple Crisp	20 Meatloaf with Tomato Gravy Side Items: Garlic Mashed Potatoes Seasoned Green Beans Dinner Roll Dessert: Lemon Lime Gelatin	21 Sweet and Sour Beef Meatballs Side Items: Jasmine Rice Oriental Vegetables Wheat Bread Dessert: Fortune Cookies (2)	22 Battered Pollock Filet Side Items: Sweet Peas Herbed Rice Texas Bread Dessert: Fresh Banana
25 Egg and Turkey Sausage Patty Side Items: Stewed Tomatoes Hashbrown Patty No Bread Dessert: French Toast Sticks	26 Salisbury Steak with Mushroom Gravy Sides Items: Buttered Noodles Steamed Broccoli Texas Bread Dessert: Pineapple Whip	27 Cheese Enchiladas with Ranchero Sauce Side Items: Cilantro Rice Black Beans and Corn Wheat Tortilla Dessert: Snickerdoodle Cookie	28 Lemon Rosemary Pork Side Items: Mashed Sweet Potatoes Buttered Brussel Sprouts Wheat Bread Dessert: Fruited Gelatin	29 Yogurt Dill Chicken Salad Side Items: Pasta Salad Marinated Cucumber Salad Multigrain Bread Dessert: Lemon Bar

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2 Sweet and Sour Beef Meatballs Side Items: Jasmine Rice Oriental Vegetables Wheat Bread Dessert: Fortune Cookie	3 Turkey Pasta Bolognese Sides Items: Italian Herbed Broccoli Sliced Carrots Multigrain Bread Dessert: Chocolate Chip Cookie	4 Pork Carnitas Side Items: Spanish Rice Seasoned Black Beans Flour Tortilla Dessert: Carrot Cake	5 Cheeseburger Side Items: Baked Beans Lettuce and Tomato Hamburger Bun Dessert: Warm Rice Pudding	6 Salmon Croquette Side Items: Black-Eyed Peas Seasoned Cabbage Texas Bread Dessert: Fruited Gelatin
9 Chicken and Dumplings Side Items: Winter Blend Vegetables Peas and Carrots Saltine Crackers Dessert: Spice Cake	10 Salisbury Steak with Mushroom Gravy Sides Items: Garlic Mashed Potatoes Seasoned Spinach Texas Bread Dessert: Brownie	11 Sliced Turkey with Cranberry Compote Side Items: Cornbread Dressing Herbed Green Beans No Bread Dessert: Pumpkin Bar	12 Creamy Dijon Pork Loin Side Items: Parslied Noodles Buttered Brussels Sprouts Texas Bread Dessert: Fresh Banana	13 Breaded Chicken Patty with Honey BBQ Sauce Side Items: Confetti Rice California Blend Vegetables Multigrain Bread Dessert: Caramel Vanilla Pudding
16 Italian Shells and Cheese Side Items: Sliced Carrots Steamed Yellow Squash Texas Bread Dessert: Fresh Fruit	17 Turkey Sausage with Gravy Side Items: Hashbrown Patty Stewed Tomatoes Biscuit Dessert: Fresh Orange	18 Beef Enchiladas with Red Sauce Side Items: Fiesta Rice Charro Beans Flour Tortilla Dessert: Blonde Brownie	19 Swiss Burger Side Items: Crispy Cubed Potatoes Lettuce and Tomato Hamburger Bun Dessert: Hot Cinnamon Applesauce	20 Pimento Cheese Side Items: Marinated Cucumber Salad Beet Salad Multigrain Bread Dessert: Cherry Gelatin
23 Chicken Etouffee Side Items: Brown Rice Simmered Okra Texas Bread Dessert: Lemon Blueberry Crisps	24 Soft Chicken Taco Side Items: Cilantro Lime Corn Mexican Style Tomatoes Flour Tortilla Dessert: Chocolate Mousse	25 BBQ Chopped Brisket Side Items: Macaroni and Cheese Peas and Carrots Texas Bread Dessert: Banana Pudding	26 Red Beans and Rice Side Items: California Vegetable Blend Sauteed Spinach Cornbread Muffin Dessert: Fruited Gelatin	27 Beef Burgundy Steak Side Items: Buttered Noodles Steamed Broccoli Wheat Bread Dessert: Snickerdoodle Cookie
30 Mongolian Beef Meatballs Side Items: White Rice Chinese Cabbage Wheat Bread Dessert: Oatmeal Raisin Cookie	31 Creamy Vegetable Potato Stew Side Items: Squash, Zucchini, and Carrots Green Peas Texas Bread Dessert: Fig Bar			*Due to unavailability of certain items, appropriate substitutions may need to be made