

All meals are made in Independence served every weekday.
 Extra meals can be ordered.
 Call 816-254-9566 between 8 - noon

SEP.2020

MEALS ON WHEELS



SUN

MON

TUE

THUR

FRI

SAT

		1 Chili Mac Broccoli with cheese Dessert	2 Riblets Scalloped potatoes Peas and Carrots Dessert	3 Parmesan Chicken Ranch potatoes Antigua Veg. Dessert	4 Baked fish Macaroni & cheese Spinach Dessert	5 Menus subject to change
6	7 Salisbury Steak Mashed Pot. /Gravy California Veg. Dessert	8 Apricot Pork Au Gratin Pot. Carrots Dessert	9 Chicken Patty Mashed Pot. /pepper gravy, Green beans Dessert	10 Spaghetti with meat sauce Italian vegetables Dessert	11 Ham with pineapple Wild rice Sweet Potatoes Dessert	12
13	14 Oven fried Chicken Mashed potatoes / gravy ,Antigua Veg. Dessert	15 Tuna Casserole Mixed Vegetables Dessert	16 Meatloaf Mashed Potatoes / Gravy, Green Beans Dessert	17 BBQ Pork Baked Beans Cauliflower/cheese Dessert	18 Chicken Alfredo California Veg. Dessert	19
20	21 Chicken Tetrizzini Antigua Veg. Dessert	22 Smothered Burgers, Mashed Pot./ Gravy ,Peas Dessert	23 Italian chicken Wild Rice Italian Vegetables Dessert	24 Open Faced Roast Beef, Mashed potatoes & gravy Green Beans Dessert	25 Pork Stuffing Bake Broccoli and cheese Dessert	26
27	28 Hot turkey sandwich Mashed Potatoes and gravy ,Carrots Dessert	29 Beef Enchilada Black Beans and Corn Dessert	30 Goulash Mixed Vegetables Dessert			

