





# September 2024

## Independence Meals On Wheels

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

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	2 CLOSED FOR HOLIDAY	3 - Parmesan Chicken - Mashed Potatoes & Gravy - Vegetables	4 - Roasted Pork & Cranberry Sauce - Mashed Cauliflower	5 - BBQ Chicken - Baked Beans - Vegetables	6 - Goulash - Vegetables	7
8	9 - Ham & Pineapple - Scalloped Potatoes - Vegetables	10 - Meatloaf - Mashed Potatoes & Gravy - Vegetables	11 - King Ranch Chicken - Cheesy Rice - Vegetables	12 - Spaghetti w/ Meat Sauce - Vegetables	13 - Biscuits & Gravy - Sausage Patties - Spiced Apples	14
15	16 - Italian Chicken - Parmesean Noodles - Vegetables	17 - Pork Bake - Vegetables	18 - Chicken Alfredo - Vegetables	19 - Roast Beef Sandwich - Mashed Potatoes & Gravy - Vegetables	20 - Fish Sticks - Mac & Cheese - Vegetables	21
22	23 - Salisbury Steak - Mashed Potatoes & Gravy - Vegetables	24 - Italian Chicken - Wild Rice - Vegetables	25 - BBQ Pork - Ranch Potatoes - Vegetables	26 - Enchiladas - Mexican Corn	27 - Creamy Herb Chicken - Stuffing - Vegetables	28
29	30 - Sloppy Joe Bake - Vegetables					Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE