


SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ALL CENTERS CLOSED in Observance LABOR DAY	2 Cheese Enchilada Casserole Red Beans & Rice Churros Skim Milk	3 Pork Fried Rice Steamed Asian Blend Vegetables Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	4 Cinnamon Honey Chicken Roasted Sweet Potatoes Winter Mix Vegetables Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	5 ALL CENTERS CLOSED TRAP POND FALL FESTIVAL
8 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	9 Baked Glazed Ham Scalloped Potatoes Boiled Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	10 Sloppy Joe Baked Steak Fries Cole Slaw Apple Crisp Skim Milk	11 Chicken Pesto Couscous With Roasted Veg Buttered Spinach Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	12 Chicken Tortilla Soup Mexican Chef Salad Fig Cookie Bar Skim Milk
15 Dirty Rice Okra And Tomatoes Fresh Fruit Whole Wheat Roll/Bread/ Margarine Skim Milk	16 Turkey Pot Pie Succotash Pineapple W/ Mandarin Oranges Whole Wheat Roll/Bread Skim Milk	17 Stuffed Bell Pepper Mashed Red Potatoes Carrots Gelatin Whole Wheat Roll/Bread Skim Milk	18 Chicken And Dumplings Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	19 Vegetable Beef Barley Soup Shrimp Caesar Salad Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
22 Baked Ziti & Meat Sauce Lettuce and Tomato Salad Applesauce Whole Wheat Roll/Bread Skim Milk	23 Bacon Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	24 Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	25 Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk	26 Cream of Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges Skim Milk
29 Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Roll Skim Milk	30 Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk			



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

*"This agency receives funding from
the DHSS Division of Services for Aging
and Adults with Physical Disabilities"*

Menu items subject to change due to availability.



CHEER

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MEALS ON WHEELS
AMERICA

2025 MEMBER

