

ALL MEALS ARE SERVED WITH 2% MILK



Meals on Wheels Wake County

September 2026 **Call 919-833-1749 to cancel**

Monday	Tuesday	Wednesday	Thursday	Friday
	9/1	9/2	9/3	9/4
REMINDER IF YOU WILL NOT BE HOME CALL THE DAY BEFORE BY 12PM TO CANCEL YOUR MEAL DELIVERY	Southwest Chicken Yellow Squash, Black Eyed Peas, Pudding, Fresh Fruit, Wheat Roll	Spaghetti with Meat Italian Vegetables Apple Cobbler, Orange Cranberry Juice, Italian Bread *contains beef*	Rotisserie Chicken Broccoli with Cheese Sauce, Mashed Potatoes, Banana, Sourdough Bread	BBQ Riblet Pork with Bun Mac and Cheese, Mustard Greens, Fresh Fruit Grape Juice *contains pork*
9/7	9/8	9/9	9/10	9/11
Labor Day Meals on Wheels Closed	Meat Loaf, Spinach Au Gratin, Sweet Potatoes Banana, Wheat Bread Apple Juice *contains beef*	Chicken Breast with Orange Glaze, CA Blend Veg Navy Beans, Fresh Fruit Sourdough Bread	Hamburger with Bun, Brussels Sprouts, Yams & Pineapple, Fresh Fruit *contains beef*	Baked Chicken, Squash Casserole, Broccoli & Carrots, Banana Sourdough Bread
9/14	9/15	9/16	9/17	9/18
Beef Ravioli, Zucchini Medley, Peach Crisp, Orange, Wheat Bread *contains beef*	Chicken Pot Pie, Dill Carrot Coins, Field Peas, Fresh Fruit Sourdough Bread	Peppered Swiss Steak Sweet Potatoes, Spinach, Banana, Grape Juice, Wheat Roll *contains beef*	BBQ Pork with Hamburger Bun, Green Beans with Red Potatoes Sour Cream Fresh Fruit, Coleslaw *contains beef*	Chicken Cacciatore, Rice, Chopped Broccoli, Italian Bread, Banana
9/21	9/22	9/23	9/24	9/25
Brunswick Stew, Glazed Carrots, Rice Apple, Butterscotch Pudding, Wheat Roll *contains beef*	Chicken Curry, Au Gratin Potatoes, Spinach, Apple Juice Orange, Pita Bread	Beef & Broccoli, Brown Rice Cabbage &Peppers, Fresh Fruit, Apple Juice, Wheat Bread *contains beef*	Chicken Alfredo, Peas & Pearl Onions, Dill Carrot Coins, Orange Wheat Roll	Smoked Sausage with Bun Sauerkraut, Turnip Greens Corn O'Brien, Banana *contains beef*
9/28	9/29	9/30		
Brunswick Stew, Mixed Beans, Rice Fresh Fruit, Wheat Bread	Beef Chili, Broccoli & Carrots, Corn O'Brien Corn Bread, Banana Orange Juice *contains beef*	Chicken Pot Pie, Ranch Diced Capri Vegetables, Sourdough Bread Fresh Fruit		