

ALL MEALS ARE SERVED WITH 2% MILK



Meals on Wheels Wake County

September 2025 Call 919-833-1749 to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
9/1	9/2	9/3	9/4	9/5
Closed For Labor Day	Chicken Parmesan, Season Parslied Noodles, Italian Vegetables, Wheat Bread, Fresh Fruit, Apple Juice	Brunswick Stew, Brown Rice, Broccoli & Cauliflower, Banana, Wheat Roll, Grape Juice <i>*CONTAINS CHICKEN*</i>	Salisbury Steak w/Brown Gravy, Scalloped Potatoes, Capri Vegetables, Texas Toast, Fresh Fruit <i>*CONTAINS BEEF*</i>	Baked Chicken, Green Beans, Sweet Potatoes, Dinner Roll, Banana, Orange Juice
9/8	9/9	9/10	9/11	9/12
Lasagna Casserole, Peas & Onions, Creamed Spinach, Wheat Bread, Orange <i>*CONTAINS BEEF*</i>	Chicken Fajita, Black Beans & Corn, Rice, Flour Tortilla, Banana	Beef & Broccoli, Ginger Carrot Coins, Oriental Vegetables, Sourdough Bread, Fortune Cookie, Cranberry Juice, Apple <i>*CONTAINS BEEF*</i>	BBQ Pork, BBQ Beans, Turnip Greens, Hamburger Bun, Vinegar, Banana <i>*CONTAINS PORK*</i>	Chicken & Dumplings, Lima Beans, Turnip Greens, Sourdough Bread, Orange, Apple Juice
9/15	9/16	9/17	9/18	9/19
Roasted Pork, Mushroom Gravy, Broccoli & Carrots, Yams & Pineapples, Texas Toast, Fresh Fruit <i>*CONTAINS PORK*</i>	Beef Pot Pie, Zucchini, Brown Rice, Dinner Roll, Orange <i>*CONTAINS BEEF*</i>	Spaghetti w/ Meat, Apple Crisp, Italian Vegetables, Italian Bread, Fresh Fruit <i>*CONTAINS BEEF*</i>	BBQ Chicken, Yellow Squash, Navy Beans, Wheat Roll, Orange, Cranberry Juice	Hamburger Pattie, Hamburger Bun, Corn, Spinach Au Gratin, Banana, Ketchup & Mustard Packet <i>*CONTAINS BEEF*</i>
9/22	9/23	9/24	9/25	9/26
Meatloaf Patty, Onion Gravy, O'Brien Potatoes, Creamed Spinach, Dinner Roll, Orange, Grape Juice <i>*CONTAINS BEEF*</i>	Sweet & Sour Chicken, Ginger Carrot Coins, Brown Rice, Wheat Bread, Fortune Cookie, Banana	Smoked Sausage, Peach Crisp, Brussels Sprouts, Hotdog Bun, Coleslaw, Mustard Packet <i>*CONTAINS BEEF*</i>	Baked Chicken, Zucchini, Organic Sweet Potatoes, Wheat Roll, Fresh Fruit	Beef Stroganoff, Lentils w/ Spinach, Capri Vegetables, Wheat Bread, Orange <i>*CONTAINS BEEF*</i>
9/29	9/30			
Brunswick Stew, Mixed Beans, Rice, Fresh Fruit, Wheat Bread	Hamburger w/ Bun, O'Brien Potatoes, Peas & Carrots, Fresh Fruit, Ketchup & Mustard Packet	<i>*REMINDER*</i> IF YOU WILL NOT BE HOME <b>CALL THE DAY BEFORE BY 12PM</b> TO CANCEL YOUR MEAL DELIVERY		