

Home Dining Menu • September 2021

All meals include: Vegetables, Fruit, Grain, and Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Egg Salad Sandwich	Spaghetti	Imitation Crab Salad
6	7	8	9	10
Closed for Labor Day	Pork Riblets	Fishwich Sandwich	Beef Stroganoff	Chef Salad
13	14	15	16	17
Chicken Pot Pie	BBQ Chicken Tenders	Pulled Pork Sandwich	Tuna Noodle Casserole	Cobb Salad
20	21	22	23	24
Lasagna Casserole	Chicken Stir Fry	Italian Meatball Sandwich	Chicken & Rice Casserole	Beef Tacos
27	28	29	30	
Chicken Cutlet	Teriyaki Pork Stir Fry	Sloppy Joes	Baked Lemon Pepper Chicken	

We are continuing No Contact delivery. If you have any questions, please call our office at 509-924-6976

Greater Spokane County Meals on Wheels is not responsible for food allergies or other dietary requirements.
Each meal recipient is responsible for monitoring their own requirements. The menu is subject to change.