








EACH MEAL INCLUDES:
8 oz. Fortified 1% Low Fat Milk

September 2010

Meals Subject to Change

**MEALS ON WHEELS BY ACC
"ALL SEASONS CAFÉ"
FOR LOCATIONS AND PHONE
NUMBERS SEE BACK OF MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 HIGH SALT Meal (above 1000mg)		SUGGESTED DONATION: \$2.00 PER MEAL		Ham Slice* w/Pineapple Sauce  Diced Yams Green Beans Whole Wheat Bread w/Marg Apple	1	Chili con Carne Corn Whole Wheat Bread w/Marg Orange	2	Turkey Stew California Blend Vegetables Whole Wheat Bread w/Marg Applesauce	3
* CONTAINS PORK PRODUCTS									
LABOR DAY Holiday No Meal Service	6	Chicken Fillet w/Chicken Gravy Brown Rice California Blend Vegetables Apple Juice	7	Beef Stew Steamed Broccoli Whole Wheat Bread w/Marg Diced Pears	8	Chicken Gumbo* over Steamed Rice Steamed Spinach Winter Applesauce	9	Pasta Marinara w/Meatballs Mixed Vegetables Orange 	10
Chicken Enchilada Casserole Pinto Beans Mexicali Corn Tortilla Orange Juice	13	Turkey & Gravy Mashed Potatoes Steamed Peas & Carrots Whole Wheat Bread w/Marg Apple	14	Crispy Fish w/Tartar Sauce Mac & Cheese Brussels Sprouts Spiced Peaches	15	BBQ Chicken Riblette Diced Sweet Potatoes Cut Green Beans Whole Wheat Bread w/Marg Orange	16	Salisbury Steak w/Gravy Brown Rice California Blend Vegetables Apple Juice	17
Navy Bean Soup w/Ham*  Broccoli Whole Wheat Bread w/Marg Apple Juice	20	Sweet n Sour Chicken Brown Rice Asian Stir Fry Spiced Peaches	21	Turkey a la King Parslied Pasta California Blend Vegetables Applesauce	22	Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Orange	23	Chicken Fillet w/Marsala Sauce Steamed Pasta Brussels Sprouts Pineapple Tidbits	24
Chicken Corn Chowder Steamed Broccoli Whole Wheat Bread w/Marg Orange	27	Pasta Marinara w/Meatballs Steamed Spinach Apple 	28	Breaded Chicken Fillet w/Country Gravy Mashed Potatoes Green Beans Whole Wheat Bread w/Marg Apple Juice	29	Kielbasa Sausage* w/Ketchup & Mustard O'Brien Potatoes Whole Wheat Bread w/Marg Hot Spiced Peaches	30	For more information about our program visit our website at www.mowsac.org	






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September 2010

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MEALS ON WHEELS BY ACC
HOME DELIVERED MEALS
"FROZEN MEALS"
LOCAL: 916-444-9533
OUT OF AREA: 1-877-434-8075

Meals Subject to Change Without Notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HEATING INSTRUCTIONS OVEN -- Preheat oven to 350° F. Heat meal for 30 minutes. MICROWAVE -- Heat on high 3 minutes. Stir entrée. Taste. If not hot enough, continue heating on high for 2-3 minutes or until done.		 HIGH SALT Meal (above 1000mg) * CONTAINS PORK PRODUCTS		Ham Slice* w/Pineapple Sauce  Diced Yams Green Beans Whole Wheat Bread w/Marg Diced Pears		1 Chili con Carne Corn Whole Wheat Bread w/Marg Tropical Fruit		2 Turkey Stew California Blend Vegetables Whole Wheat Bread w/Marg Applesauce	
LABOR DAY Holiday No Meal Service		6 Chicken Fillet w/Chicken Gravy Brown Rice California Blend Vegetables Apple Juice		7 Beef Stew Steamed Broccoli Whole Wheat Bread w/Marg Diced Pears		8 Chicken Gumbo* over Steamed Rice Steamed Spinach Winter Applesauce		9 Pasta Marinara w/Meatballs Mixed Vegetables Tropical Fruit Cup 	
13 Chicken Enchilada Casserole Pinto Beans Mexicali Corn Tortilla Orange Juice		14 Turkey & Gravy Mashed Potatoes Steamed Peas & Carrots Whole Wheat Bread w/Marg Pineapple Tidbits		15 Crispy Fish w/Tartar Sauce Mac & Cheese Brussels Sprouts Spiced Peaches		20 BBQ Chicken Riblette Diced Sweet Potatoes Cut Green Beans Whole Wheat Bread w/Marg Tropical Fruit Cup		17 Salisbury Steak w/Gravy Brown Rice California Blend Vegetables Apple Juice	
16 Navy Bean Soup w/Ham*  Broccoli Whole Wheat Bread w/Marg Apple Juice		21 Sweet n Sour Chicken Brown Rice Asian Stir Fry Spiced Peaches		22 Turkey a la King Parslied Pasta California Blend Vegetables Applesauce		23 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Tropical Fruit Cup		24 Chicken Fillet w/Marsala Sauce Steamed Pasta Brussels Sprouts Pineapple Tidbits	
27 Chicken Corn Chowder Steamed Broccoli Whole Wheat Bread w/Marg Tropical Fruit Cup		28 Pasta Marinara w/Meatballs Steamed Spinach Diced Pears 		29 Breaded Chicken Fillet w/Country Gravy Mashed Potatoes Green Beans Whole Wheat Bread w/Marg Apple Juice		30 Kielbasa Sausage* w/Ketchup & Mustard O'Brien Potatoes Whole Wheat Bread w/Marg Hot Spiced Peaches		EACH MEAL INCLUDES: 8 oz. Fortified 1% Low Fat Milk	






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September 2010

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MEALS ON WHEELS BY ACC
HOME DELIVERED MEALS
"HOT MEALS"
LOCAL: 916-444-9533
OUT OF AREA: 1-877-434-8075

Meals Subject to Change Without Notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
HEATING INSTRUCTIONS OVEN -- Preheat oven to 350° F. Heat meal for 30 minutes. MICROWAVE -- Heat on high 3 minutes. Stir entrée. Taste. If not hot enough, continue heating on high for 2-3 minutes or until done.		 HIGH SALT Meal (above 1000mg)		Ham Slice* w/Pineapple Sauce  Diced Yams Green Beans Whole Wheat Bread w/Marg Apple		1 Chili con Carne Corn Whole Wheat Bread w/Marg Orange		2 Turkey Stew California Blend Vegetables Whole Wheat Bread w/Marg Applesauce	
LABOR DAY Holiday No Meal Service		* CONTAINS PORK PRODUCTS		3 Beef Stew Steamed Broccoli Whole Wheat Bread w/Marg Diced Pears		4 Chicken Gumbo* over Steamed Rice Steamed Spinach Winter Applesauce		5 Pasta Marinara w/Meatballs Mixed Vegetables Orange 	
6 Chicken Fillet w/Chicken Gravy Brown Rice California Blend Vegetables Apple Juice		7 Turkey & Gravy Mashed Potatoes Steamed Peas & Carrots Whole Wheat Bread w/Marg Apple		8 Crispy Fish w/Tartar Sauce Mac & Cheese Brussels Sprouts Spiced Peaches		9 BBQ Chicken Riblette Diced Sweet Potatoes Cut Green Beans Whole Wheat Bread w/Marg Orange		10 Salisbury Steak w/Gravy Brown Rice California Blend Vegetables Apple Juice	
13 Chicken Enchilada Casserole Pinto Beans Mexicali Corn Tortilla Orange Juice		14 Sweet n Sour Chicken Brown Rice Asian Stir Fry Spiced Peaches		15 Turkey a la King Parslied Pasta California Blend Vegetables Applesauce		16 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Orange		17 Chicken Fillet w/Marsala Sauce Steamed Pasta Brussels Sprouts Pineapple Tidbits	
16 Navy Bean Soup w/Ham*  Broccoli Whole Wheat Bread w/Marg Apple Juice		21 Pasta Marinara w/Meatballs Steamed Spinach Apple 		22 Breaded Chicken Fillet w/Country Gravy Mashed Potatoes Green Beans Whole Wheat Bread w/Marg Apple Juice		23 Kielbasa Sausage* w/Ketchup & Mustard O'Brien Potatoes Whole Wheat Bread w/Marg Hot Spiced Peaches		24 EACH MEAL INCLUDES: 8 oz. Fortified 1% Low Fat Milk	
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