





Meals on Wheels of Metro Tulsa
 (918) 627-4103
September 2022 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Cajun Meatloaf Whole Kernel Corn Green Beans	2 Marinara Chicken Oven Roasted Potatoes Green Peas	3 Parmesan Beef Patty Crispy Potatoes Catalina Vegetables	4 Alfredo Chicken Chili Beans Stewed Tomatoes
5 Cheese Enchiladas Enchilada Sauce Pinto Beans Green Beans w/ Onions CLOSED-LABOR DAY	6 Creole Beef Over Rice Mixed Vegetables Diced Beets	7 Honey Mustard Diced Turkey Oven Roasted Potatoes Cabbage	8 Apricot Baked Chicken Black-Eyed Peas Country Tomatoes	9 Turkey Breast w/Gravy Garlic Whipped Potatoes Broccoli	10 BBQ Chicken Meatballs Ranch Beans Cauliflower	11 Beef w/ Onion Gravy Green Beans Sliced Carrots
12 Three Way Chili Parmesan Tomatoes Broccoli	13 Onion Pork Garlic Whipped Potatoes Glazed Carrots	14 Scalloped Chicken Green Beans Medley Cabbage	15 Turkey Pastrami Mixed Vegetables Brussels Sprouts	16 Breaded Fish Baked Beans Cauliflower	17 Cheese Omelet Black Beans Stewed Tomatoes	18 Baked Chicken w/Gravy Butternut Squash Green Beans
19 Mozzarella Chicken Delmonico Potatoes Herbed Green Beans	20 Turkey Tetrazzini Oregano Broccoli Diced Beets	21 Beef Taco Pinto Beans Mexican Corn	22 Lemon Caper Chicken Whipped Potatoes Stewed Tomatoes	23 Pork Sausage w/Red Beans Rice Parslied Carrots	24 Baked Chicken w/Gravy Roasted Sweet Potatoes Cauliflower	25 Rosemary Beef Black-Eyed Peas Spinach
26 Lemon Pepper Fish Green Peas Medley Cabbage	27 Salisbury Beef w/Gravy Lima Beans Cauliflower	28 Turkey Chili w/ Beans Broccoli Dilled Carrots	29 Loaded Potato Casserole Green Beans Scalloped Potatoes	30 Turkey Breast w/Gravy Whipped Potatoes Capri Vegetables		*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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September 2022 Menu-Chicken/Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Spaghetti Torte Whole Kernel Corn Green Beans	2 Marinara Chicken Oven Roasted Potatoes Green Peas	3 Swedish Veggie Meatballs Crispy Potatoes Catalina Vegetables	4 Alfredo Chicken Chili Beans Stewed Tomatoes
5 Cheese Enchiladas Enchilada Sauce Pinto Beans Green Beans w/ Onions CLOSED-LABOR DAY	6 Broccoli Strata Over Rice Mixed Vegetables Diced Beets	7 Honey Mustard Diced Turkey Oven Roasted Potatoes Cabbage	8 Apricot Baked Chicken Black-Eyed Peas Country Tomatoes	9 Turkey Breast w/Gravy Garlic Whipped Potatoes Broccoli	10 BBQ Chicken Meatballs Ranch Beans Cauliflower	11 Three Cheese Ziti Green Beans Sliced Carrots
12 Mixed Bean Chili Parmesan Tomatoes Broccoli	13 Garden Burger w/Gravy Garlic Whipped Potatoes Glazed Carrots	14 Scalloped Chicken Green Beans Medley Cabbage	15 Turkey Pastrami Mixed Vegetables Brussels Sprouts	16 Black Bean Burger Baked Beans Cauliflower	17 Cheese Omelet Black Beans Stewed Tomatoes	18 Baked Chicken w/Gravy Butternut Squash Green Beans
19 Mozzarella Chicken Delmonico Potatoes Herbed Green Beans	20 Turkey Tetrazzini Oregano Broccoli Diced Beets	21 Vegetarian Taco Pinto Beans Mexican Corn	22 Lemon Caper Chicken Whipped Potatoes Stewed Tomatoes	23 Red Beans & Rice Green Peas Parslied Carrots	24 Baked Chicken w/Gravy Roasted Sweet Potatoes Cauliflower	25 Cheese Enchiladas Pinto Beans Spinach
26 Spaghetti Torte Green Peas Medley Cabbage	27 Broccoli Cheese Bake Lima Beans Cauliflower	28 Turkey Chili w/ Beans Broccoli Dilled Carrots	29 Loaded Potatoes Casserole Scalloped Tomatoes Green Beans	30 Turkey Breast w/Gravy Whipped Potatoes Capri Vegetables		*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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September 2022 Menu-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Spaghetti Torte Whole Kernel Corn Green Beans	2 Eggplant Parmesan Oven Roasted Potatoes Green Peas	3 Swedish Veggie Meatballs Crispy Potatoes Catalina Vegetables	4 Cheese Omelet Chili Beans Stewed Tomatoes
5 Cheese Enchiladas Enchilada Sauce Pinto Beans Green Beans w/ Onions CLOSED-LABOR DAY	6 Broccoli Strata Over Rice Mixed Vegetables Diced Beets	7 White Bean Chili Oven Roasted Potatoes Cabbage	8 Broccoli Cheese Soup Black-Eyed Peas Country Tomatoes	9 Lemony Chickpea Stir Fry Garlic Whipped Potatoes Broccoli	10 BBQ Veggie Meatballs Ranch Beans Cauliflower	11 Three Cheese Ziti Green Beans Sliced Carrots
12 Mixed Bean Chili Parmesan Tomatoes Broccoli	13 Garden Burger w/Gravy Garlic Whipped Potatoes Glazed Carrots	14 Spaghetti Torte Green Beans Medley Cabbage	15 Veggie Sausage Patties Mixed Vegetables Brussels Sprouts	16 Black Bean Burger Baked Beans Cauliflower	17 Cheese Omelet Black Beans Stewed Tomatoes	18 Lentil Stew Butternut Squash Green Beans
19 Eggplant Parmesan Delmonico Potatoes Herbed Green Beans	20 Macaroni & Cheese Oregano Broccoli Diced Beets	21 Vegetarian Taco Pinto Beans Mexican Corn	22 Lemon Caper Veggie Meatballs Whipped Potatoes Stewed Tomatoes	23 Red Beans & Rice Green Peas Parslied Carrots	24 Cheese Omelet Roasted Sweet Potatoes Cauliflower	25 Cheese Enchiladas Pinto Beans Spinach
26 Spaghetti Torte Green Peas Medley Cabbage	27 Broccoli Cheese Bake Lima Beans Cauliflower	28 White Bean Chili Broccoli Dilled Carrots	29 Cheesy Potato Soup Scalloped Tomatoes Green Beans	30 Garden Burger w/Gravy Whipped Potatoes Capri Vegetables		*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons