

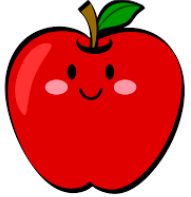


Meals on Wheels of Metro Tulsa
(918) 627-4103

September 2023 Menu- Regular















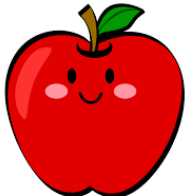
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes	2 Swiss Steak Northern Beans Spinach	3 Baked Chicken with Gravy Roasted Sweet Potatoes Cauliflower
4 CLOSED LABOR DAY	5 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	6 Chicken Enchilada Bake Black Beans Dilled Carrots	7 Honey Glazed Ham* Black-Eyed Peas Okra and Tomatoes	8 Meatloaf Brown Gravy Whipped Potatoes Garden Vegetables	9 Dijon Chicken Chili Beans Cauliflower	10 Swedish Beef Meatballs Seasoned Cubed Potatoes Green Beans
11 Diced Coconut Chicken Over Brown Rice Japanese Vegetables Cauliflower	12 Three Way Beef Chili Whole Kernel Corn Country Tomatoes	13 BBQ Pork Rib Patty* Ranch Beans Parslied Carrots	14 Confetti Chicken Oven Roasted Potatoes Green Beans	15 Turkey Pastrami Macaroni and Cheese Lemon Brussels Sprouts	16 Rosemary Beef Lentils Catalina Vegetables	17 Chicken Nuggets Lima Beans Diced Beets
18 Beef Spaghetti Casserole Green Beans with Onions Glazed Carrots	19 Spinach Chicken Penne Pasta Spring Vegetables	20 Polish Pork Sausage* Mixed Beans Diced Beets	21 Salisbury Beef Brown Gravy Garlic Whipped Potatoes Brussels Sprouts	22 Turkey and White Beans Cajun Brown Rice Broccoli	23  Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	24 Beef with Country Gravy Black-Eyed Peas Cauliflower
25 Marinara Chicken Macaroni and Cheese Green Peas	26 Beef Enchilada Pie Confetti Brown Rice Spinach	27 Glazed Ham* Lima Beans Okra and Tomatoes	28 Cajun Meatloaf Whipped Potatoes Green Beans	29 Chicken Fajita Pinto Beans Mexican Brown Rice	30 Parmesan Beef Patty Lentils Catalina Vegetables	
						<small>*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</small>

Meals on Wheels of Metro Tulsa
 (918) 627-4103
September 2023 Menu- Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Bean Tamale Pie Parslied Potatoes Stewed Tomatoes	2 Garlic Parmesan Couscous Northern Beans Spinach	3 Broccoli Strata Roasted Sweet Potatoes Cauliflower
4 CLOSED 	5 Red Beans and Rice Whole Kernel Corn Broccoli	6 Cheese Omelet Black Beans Dilled Carrots	7 Corn Chowder Black-Eyed Peas Okra and Tomatoes	8 White Bean Chili Whipped Potatoes Garden Vegetables	9 Spaghetti Torte Chili Beans Cauliflower	10 Spinach & Mushroom Quiche Seasoned Cubed Potatoes Green Beans
11 Lemony Chickpea Stir- Fry Over Brown Rice Japanese Vegetables Cauliflower	12 Bean Chili Whole Kernel Corn Country Tomatoes	13 BBQ Gardenburger Ranch Beans Parslied Carrots	14 Veggie Sausage Patties Oven Roasted Potatoes Green Beans	15 Macaroni and Cheese Lemon Brussels Sprouts Cauliflower	16 Broccoli Cheese Bake Lentils Catalina Vegetables	17 Cheese Omelet Lima Beans Diced Beets
18 Spaghetti Torte Green Beans with Onions Glazed Carrots	19 Spinach Veggie Meatballs Penne Pasta Spring Vegetables	20 Corn Chowder Mixed Beans Diced Beets	21 Broccoli Strata Garlic Whipped Potatoes Brussels Sprouts	22 Lentil Stew Cajun Brown Rice Broccoli	23 Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	24 Gardenburger with Gravy Black-Eyed Peas Cauliflower
25 Macaroni and Cheese Green Peas Sliced Carrots	26 Bean Tamale Pie Confetti Brown Rice Spinach	27 Eggplant Parmesan Lima Beans Okra and Tomatoes	28 Spinach & Mushroom Quiche Whipped Potatoes Green Beans	29 Veggie Taco Pinto Beans Mexican Brown Rice	30 Broccoli Cheese Bake Lentils Catalina Vegetables	
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Meals on Wheels of Metro Tulsa
(918) 627-4103

September 2023 Menu- Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes	2  Garlic Parmesan Couscous Northern Beans Spinach	3 Baked Chicken with Gravy Roasted Sweet Potatoes Cauliflower
4 CLOSED 	5 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	6 Chicken Enchilada Bake Black Beans Dilled Carrots	7  Corn Chowder Black-Eyed Peas Okra and Tomatoes	8  White Bean Chili Whipped Potatoes Garden Vegetables	9 Dijon Chicken Chili Beans Cauliflower	10 Spinach & Mushroom Quiche Seasoned Cubed Potatoes Green Beans
11 Diced Coconut Chicken Over Brown Rice Japanese Vegetables Cauliflower	12  Bean Chili Whole Kernel Corn Country Tomatoes	13  BBQ Gardenburger Ranch Beans Parslied Carrots	14 Confetti Chicken Oven Roasted Potatoes Green Beans	15 Turkey Pastrami Macaroni and Cheese Lemon Brussels Sprouts	16 Broccoli Cheese Bake Lentils Catalina Vegetables	17 Chicken Nuggets Lima Beans Diced Beets
18  Spaghetti Torte Green Beans with Onions Glazed Carrots	19 Spinach Chicken Penne Pasta Spring Vegetables	20  Corn Chowder Mixed Beans Diced Beets	21  Broccoli Strata Garlic Whipped Potatoes Brussels Sprouts	22 Turkey and White Beans Cajun Brown Rice Broccoli	23  Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	24 Gardenburger with Gravy Black-Eyed Peas Cauliflower
25 Marinara Chicken Macaroni and Cheese Green Peas	26  Bean Tamale Pie Confetti Brown Rice Spinach	27  Eggplant Parmesan Lima Beans Okra and Tomatoes	28  Spinach & Mushroom Quiche Whipped Potatoes Green Beans	29 Chicken Fajita Pinto Beans Mexican Brown Rice	30 Broccoli Cheese Bake Lentils Catalina Vegetables	
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