







Meals on Wheels of Metro Tulsa

(918) 627-4103

September 2024 Menu-Regular




Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Beef Jardine Dirty Rice Parmesan Tomatoes	Turkey Pasta Bolognese Whole Kernel Corn Broccoli	Chicken Enchilada Bake Black Beans Dilled Carrots	Honey Glazed Ham* Black-Eyed Peas Okra and Tomatoes	Meatloaf Brown Gravy Whipped Potatoes Garden Vegetable Blend
9	10	11	12	13
Diced Coconut Chicken Over Brown Rice Japanese Vegetable Blend Cauliflower	Three Way Beef Chili Whole Kernel Corn Country Tomatoes	BBQ Pork Rib Patty* Ranch Beans Parslied Carrots	Confetti Chicken Oven Roasted Potatoes Green Beans	Turkey Pastrami Macaroni and Cheese Lemon Brussels Sprouts
16	17	18	19	20
Beef Spaghetti Casserole Green Beans with Onions Glazed Carrots	Spinach Chicken Penne Pasta Spring Vegetable Blend	Polish Pork Sausage* Mixed Beans Diced Beets	Salisbury Beef Brown Gravy Garlic Whipped Potatoes Brussels Sprouts	Turkey and White Beans Cajun Rice Broccoli
23	24	25	26	27
Marinara Chicken Macaroni and Cheese Green Peas	Beef Enchilada Pie Confetti Brown Rice Spinach	Glazed Ham* Lima Beans Okra and Tomatoes	Cajun Meatloaf Whipped Potatoes Green Beans	Chicken Fajita Pinto Beans Mexican Brown Rice
30				*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
Lemon Pepper Chicken Almond Rice Medley Cabbage				

Meals on Wheels of Metro Tulsa
 (918) 627-4103
September 2024 Menu-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
White Bean Chili Dirty Rice Parmesan Tomatoes	Spaghetti Torte Whole Kernel Corn Broccoli	Bean Tamale Pie Black Beans Dilled Carrots	Veggie Sausages Black-Eyed Peas Okra and Tomatoes	Broccoli Cheese Bake Whipped Potatoes Garden Vegetable Blend
9	10	11	12	13
Sweet & Sour Veggie Meatballs Over Brown Rice Japanese Vegetable Blend Cauliflower	Mixed Bean Chili Whole Kernel Corn Country Tomatoes	Cheese Enchiladas Ranch Beans Parslied Carrots	Cheese Omelet Oven Roasted Potatoes Green Beans	Macaroni and Cheese Lemon Brussels Sprouts Stewed Tomatoes
16	17	18	19	20
Spaghetti Torte Green Beans with Onions Glazed Carrots	Eggplant Parmesan Penne Pasta Spring Vegetable Blend	Veggie Sausages Mixed Beans Diced Beets	Cheese Omelet Garlic Whipped Potatoes Brussels Sprouts	Six Bean Stew Cajun Rice Broccoli
23	24	25	26	27
Macaroni and Cheese Green Peas Sliced Carrots	Bean Tamale Pie Confetti Brown Rice Spinach	Corn Chowder Lima Beans Okra and Tomatoes	Cajun Veggie Meatballs Whipped Potatoes Green Beans	Veggie Taco Pinto Beans Mexican Brown Rice
30				*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 2024 Menu-Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
				
2 ✓ White Bean Chili Dirty Rice Parmesan Tomatoes	3 Turkey Pasta Bolognese Whole Kernel Corn Broccoli	4 Chicken Enchilada Bake Black Beans Dilled Carrots	5 ✓ Veggie Sausages Black-Eyed Peas Okra and Tomatoes	6 ✓ Broccoli Cheese Bake Whipped Potatoes Garden Vegetable Blend
9 Diced Coconut Chicken Over Brown Rice Japanese Vegetable Blend Cauliflower	10 ✓ Mixed Bean Chili Whole Kernel Corn Country Tomatoes	11 ✓ Cheese Enchiladas Ranch Beans Parslied Carrots	12 Confetti Chicken Oven Roasted Potatoes Green Beans	13 Turkey Pastrami Macaroni and Cheese Lemon Brussels Sprouts
16 ✓ Spaghetti Torte Green Beans with Onions Glazed Carrots	17 Spinach Chicken Penne Pasta Spring Vegetable Blend	18 ✓ Veggie Sausages Mixed Beans Diced Beets	19 ✓ Cheese Omelet Garlic Whipped Potatoes Brussels Sprouts	20 Turkey and White Beans Cajun Rice Broccoli
23 Marinara Chicken Macaroni and Cheese Green Peas	24 ✓ Bean Tamale Pie Confetti Brown Rice Spinach	25 ✓ Corn Chowder Lima Beans Okra and Tomatoes	26 ✓ Cajun Veggie Meatballs Whipped Potatoes Green Beans	27 Chicken Fajita Pinto Beans Mexican Brown Rice
30 Lemon Pepper Chicken Almond Rice Medley Cabbage				*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