### MONDAY - CHILLED
1. **South African Sweet Potato Stew**+ (Vegetarian)  
   Brown Rice  
   Seasoned Greens*  
   Seasonal Fresh Fruit  
   Fruited Yogurt  
   Contains Peanuts

### TUESDAY - FROZEN
8. **Received Meal 9/2:**  
   **BBQ Chicken**  
   Mashed Potatoes++  
   Zucchini & Peppers+  
   Peach Crumble

### WEDNESDAY-CHILLED
2. **Receive 9/7 & 9/8 Meals**  
   **Turkey Salisbury Steak** with Gravy  
   Garlic Whipped Potatoes  
   Braised Cabbage+  
   Whole Wheat Roll & Butter x2  
   Spiced Peaches

### THURSDAY - FROZEN
3. **Fish Chowder**  
   Whole Wheat Penne Pasta  
   Seasoned Italian Blend  
   Vegetables*++  
   Fruit Cup

### FRIDAY - CHILLED
4. **Chicken Alfredo with Whole Wheat Penne Pasta**  
   Seasoned Italian Blend  
   Vegetables*++  
   Fruit Cup

### SATURDAY-FRZ
5. **Indian Vegetable Curry+**  
   (Vegetarian, with tofu)  
   Brown Basmati Rice  
   Garlic Spinach+  
   Fruit Juice+  
   Fruited Greek Yogurt  
   Contains Soy

### SUNDAY - FRZ
6. **Hamburger Stroganoff (Beef)**  
   Egg Noodles  
   Garlic Green Beans  
   Seasoned Carrots*  
   Cutie+

### SEPTMBER 2020 MENU
### Deliveries are Mondays, Wednesdays & Fridays, from 10 am – 1 pm. (*No delivery Monday, Sept 7 in observance of Labor Day)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| 1. South African Sweet Potato Stew + (Vegetarian)  
   Brown Rice  
   Seasoned Greens*  
   Seasonal Fresh Fruit  
   Fruited Yogurt  
   Contains Peanuts | 8. Received Meal 9/2:  
   **Indian Vegetable Curry+** (Vegetarian, with tofu)  
   Brown Basmati Rice  
   Garlic Spinach*  
   Seasonal Fresh Fruit  
   Contains Soy | 2. Receive 9/7 & 9/8 Meals  
   **Turkey Salisbury Steak** with Gravy  
   Garlic Whipped Potatoes  
   Braised Cabbage+  
   Whole Wheat Roll & Butter x2  
   Spiced Peaches | 3. Fish Chowder  
   Whole Wheat Penne Pasta  
   Seasoned Italian Blend  
   Vegetables*++  
   Fruit Cup | 4. Chicken Alfredo with Whole Wheat Penne Pasta  
   Seasoned Italian Blend  
   Vegetables*++  
   Fruit Cup | 5. Indian Vegetable Curry+ (Vegetarian, with tofu)  
   Brown Basmati Rice  
   Garlic Spinach+  
   Fruit Juice+  
   Fruited Greek Yogurt  
   Contains Soy | 6. Hamburger Stroganoff (Beef)  
   Egg Noodles  
   Garlic Green Beans  
   Seasoned Carrots*  
   Cutie+ |
| **NEW MENU!**  
   **Southwest Vegetarian Bake** (w/ rice, corn, black beans, cheese, olives)  
   Summer Squash Sauté x 2  
   Tortilla Chips  
   Tropical Fruit Cup+ | 8. Received Meal 9/2:  
   **Indian Vegetable Curry+** (Vegetarian, with tofu)  
   Brown Basmati Rice  
   Garlic Spinach*  
   Seasonal Fresh Fruit  
   Contains Soy | 9. **Chicken & Sausage** (Pork)  
   Jambalaya+  
   Corn Bread x 2  
   Southern Green Beans  
   Spiced Peaches | 10. **White Bean Chicken Stew**  
   Corn Bread (delivered Wed)  
   V-8 Juice+  
   Banana | 11. **Fish with Curry Sauce++**  
   Steamed Brown Rice  
   Ethiopian Cabbage, Potatoes & Carrots*++ (1 cup)  
   Fruit Cup | 12. **South African Sweet Potato Stew**+ (Vegetarian)  
   Brown Rice  
   Seasoned Greens*  
   Seasonal Fresh Fruit  
   Fruited Yogurt  
   Contains Peanuts | 13. **BBQ Chicken Thigh**  
   Mashed Potatoes++  
   Zucchini & Peppers++  
   Peach Crumble | 14. **Teriyaki Chicken**  
   Green Onion Rice  
   Garlic Asian Vegetables*++  
   Seasonal Fresh Fruit |
| **NEW MENU!**  
   **Southwest Vegetarian Bake** (w/ rice, corn, black beans, cheese, olives)  
   Summer Squash Sauté x 2  
   Tortilla Chips  
   Tropical Fruit Cup+ | 15. **NEW MENU!**  
   **Southwest Vegetarian Bake** (w/ rice, corn, black beans, cheese, olives)  
   Summer Squash Sauté x 2  
   Tortilla Chips  
   Tropical Fruit Cup+ | 16. **Mexican Independence Day Chicken Rojo Stew**+  
   Arroz Verde (green rice)  
   Corn with Red Peppers  
   Fresh Citrus+ | 17. **Mediterranean Fish Soup++**  
   Whole Grain Crackers x2  
   V-8 Juice+  
   Banana | 18. **Moroccan Chicken**  
   Brown Rice  
   Steamed Carrots* with Cumin  
   Cutie+ | 19. **Swedish Meatballs** (Turkey) over Rice  
   Steamed Broccoli+  
   Spiced Peaches | 20. **Spaghetti with Beef Bolognese++** (Meat sauce)  
   Summer Squash & Onions  
   Pear Ginger Crisp |
| 21. **Chicken Chili Verde+**  
   Steamed Brown Rice  
   Zucchini-Corn-Tomato Medley  
   Seasonal Fresh Fruit | 22. **Spinach & Mushroom Lasagna**+ (Vegetarian)  
   Italian Green Beans  
   Cinnamon Applesauce+  
   Fruited Yogurt | 23. **Baked Tilapia with Herbed Tomato Sauce++**  
   Brown Rice  
   Zucchini Pepper Sauté+  
   Fruit Cup | 24. **Turkey White Bean Kale Soup**  
   Whole Grain Crackers x2  
   V-8 Juice+  
   Banana | 25. **Meatloaf (Beef) with Gravy**  
   Fresh Whipped Yams*  
   Steamed Broccoli+  
   Whole Wheat Roll w/ Butter x2  
   Seasonal Fresh Fruit | 26. **Southwest Vegetable Bake** (w/ rice, corn, black beans, cheese, olives)  
   Summer Squash Sauté  
   Tortilla Chips  
   Tropical Fruit Cup+ | 27. **Hearty Turkey Chili++** with Grated Cheddar  
   Brown Rice  
   Corn & Sweet Bell Peppers++  
   Fruit Cup | 28. **Chicken Marsala**  
   Creamy Polenta  
   Broccoli+  
   Garlic Carrots*  
   Seasonal Fresh Fruit | 29. **Vegetable Enchilada Casserole+** (Vegetarian)  
   Pinto Beans  
   Spiced Peaches  
   Fruited Yogurt | 30. **Chicken Cacciatore** (Italian Chicken Stew)  
   over Whole Wheat Pasta  
   Summer Squash Sauté  
   Fresh Citrus+ | 31. **Menu is subject to change without notice.**  
   Fish is either tilapia or cod.  
   +denotes vitamin C-rich foods  
   *denotes vitamin A-rich foods | 32. **Meatloaf (Beef) with Gravy**  
   Fresh Whipped Yams*  
   Steamed Broccoli+  
   Whole Wheat Roll w/ Butter x2  
   Seasonal Fresh Fruit | **Higher Sodium Meal.** All menus have no more than 800 milligrams of sodium. In the rare instance a menu has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal. **Please note:** Fresh fruit with edible peel should be washed before eating. 1% Lowfat milk included. |