

## EVENING MEALS ON WHEELS MENU - SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p style="text-align: center;"><b>Holiday!</b> <b><u>Meal Delivered August 30<sup>th</sup></u></b></p> <p>BRAT ON A BED OF KRAUT GERMAN POTATO SALAD BAKED BEANS CONGO BAR</p>	<p>LIVER AND ONIONS OVEN ROASTED POTATOES BRUSSEL SPROUTS CHESS PIE</p>	<p>PORK STEW RICE BUTTERED CORN STRING CHEESE SPICE CAKE</p>	<p>BEEF POT ROAST MASHED POTATOES W/ GRAVY BROCCOLI OATMEAL FUDGE BAR</p> <p><b><u>Weekend Cold Meal:</u></b> CHICKEN PARMESAN</p>	<p>FRIDAY FISH – LEMON POLLOCK BROWN RICE SEASONED CARROTS COOKIE</p> <p><b><u>Weekend Cold Meal:</u></b> BEEF STEW</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>CHICKEN TERIYAKI STIR FRY STIR FRY VEGETABLES RICE FRUIT COCKTAIL BLACKBERRY COBBLER</p>	<p>MEXICAN EGG FRITTATA O'BRIEN POTATOES CORN W/ PEPPERS PICKLED BEET SALAD VANILLA PUDDING</p>	<p>BEEF STROGANOFF OVEN EGG NOODLES CAPRI VEGETABLES PEACHES CHEESE STICK YELLOW CAKE</p>	<p>ROAST TURKEY W/ GRAVY MASHED POTATOES BROCCOLI CHOCOLATE CHIP BAR</p> <p><b><u>Weekend Cold Meal:</u></b> BAKED HAM</p>	<p>MEAT LASAGNA GREEN BEANS PEACHES COOKIE</p> <p><b><u>Weekend Cold Meal:</u></b> BAKED CHICKEN QUARTER</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>SWISS STEAK OVEN ROASTED POTATOES HONEY GLAZED CARROTS BROWNIE</p>	<p>BBQ PORK ROAST GLAZED SWEET POTATOES BUTTERED BEETS CAESAR SALAD APPLE PIE</p>	<p>LEMON DILL TILAPIA GARDEN BROWN RICE BRUSSEL SPROUTS STRING CHEESE BUTTERSCOTCH BAR</p>	<p>GLAZED HAM MASHED SWEET POTATOES CORN STRAWBERRY CHEESECAKE</p> <p><b><u>Weekend Cold Meal:</u></b> SHEPHERD'S PIE</p>	<p>ITALIAN SAUSAGE W/ PEPPERS &amp; ONIONS EGG NOODLES ITALIAN VEGETABLES COOKIE</p> <p><b><u>Weekend Cold Meal:</u></b> BAKED ITALIAN PASTA</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>SALISBURY STEAK MASHED POTATOES &amp; GRAVY GREEN BEANS BLUEBERRY PIE</p>	<p>CHICKEN CACCIATORI EGG NOODLES PARSLIED CARROTS PEARS SIDE SALAD YOGURT PARFAIT</p>	<p>PORK CHOP SUEY RICE ORIENTAL VEGETABLES FRUIT COCKTAIL CHEESE STICK CITRUS CAKE</p>	<p>CHOPPED BEEF PATTY (HAMBURGER) W/ MUSHROOMS &amp; ONIONS OVEN ROASTED POTATOES VEGETABLE BLEND SNICKERDOODLE BAR</p> <p><b><u>Weekend Cold Meal:</u></b> BEEF GOULASH</p>	<p>BAKED HAM AU GRATIN POTATOES BROCCOLI COOKIE</p> <p><b><u>Weekend Cold Meal:</u></b> BAKED CHICKEN QUARTER</p>
<b>30</b>				
<p>BEEF SPANISH RICE MEXICAN CORN REFRIED BEANS CHERRY PIE</p>	<p>ALTERNATE OF THE MONTH: CHEESE AND VEGETABLE EGG BAKE</p>	<p>WHOLE FRUIT SERVED WEDNESDAYS</p>		



**INDEPENDENT LIVING INC.**  
*Your local connection to an independent life since 1973*



## Evening Meals on Wheels

August 16, 2019

Dear Friend,

Enclosed you will find the Evening Meals on Wheels Menu for the month of September. **Note: there will be no delivery on Monday, September 2<sup>nd</sup> due to the Labor Day Holiday. Monday's meal will be delivered the Friday before on August 30<sup>th</sup>. Weekend meals for August 31<sup>st</sup> and September 1<sup>st</sup> will be delivered on Thursday, August 29<sup>th</sup>.**

If a menu item doesn't appeal to you, you have the option to substitute it with the alternative for the month, available Monday through Wednesday. The alternative meal for September is Cheese and Vegetable Egg Bake.

Remember, you may always order or cancel weekend meals – just contact me by Wednesday at noon.

Thank you for your continued participation in Evening Meals on Wheels. It is a pleasure to serve you! If you have questions, you can reach me at 608-204-0923 or [meals@independentlivinginc.org](mailto:meals@independentlivinginc.org).

Warm regards,

*Addie Endreson*

Evening Meals on Wheels Manager

### Instructions

**Orders and Cancellations:** To avoid charges, call 608-204-0923 to order or cancel meals by NOON the business day *before*. Office hours are Monday through Friday, 8:00 a.m. – 5:00 p.m. Menu is subject to change without notice.

**Refrigeration Instructions:** If you do not plan to eat your meal immediately after delivery, please refrigerate. Before placing in the fridge, tear back a corner of the plastic covering to prevent condensation from forming.

**Heating Instructions:** The tray with the hot food items can be reheated in a microwave oven. Be sure to poke a hole in the plastic covering with a fork. All microwave ovens vary in cooking times; try heating your meal for 2 minutes to start. Continue cooking for 1-2 minutes if it is not heated thoroughly. If you reheat your meal in an oven, be sure to remove the plastic on the top of the meal, place the meal on a cookie sheet, and bake no longer than 20-25 minutes at 350 degrees. Cold salad meals should not be heated.