





MEALS on WHEELS
METRO BOISE

September 2024 Menu

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

MON	TUE	WED	THU	FRI
2 CLOSED FOR LABOR DAY 	3	4 Mushroom Swiss Chicken Roasted Potatoes Spring Vegetables Applesauce Baci Roll Milk	5	6 Beans & Ham Brussels Sprouts Sweet Potatoes Peaches Whole Wheat Roll Milk
9 Polish Sausage with Sauerkraut Baked Beans Corn & Peppers Fresh Fruit Whole Wheat Bun Milk	10	11 Chicken Salad Sandwich Potato Salad Coleslaw Banana Ciabatta Roll Milk	12	13 Monterrey Chicken over Rice Corn Cauliflower Fresh Fruit Corn Bread Milk
16 Roast Beef w/Gravy Mashed Potatoes Sunshine Carrots Applesauce 9-Grain Bread Milk	17	18 Baked Salmon over Rice Pilaf Green Beans Green Salad Pears Whole Wheat Roll / Milk	19	20 Chicken Fajita Casserole Carrots Orange Cornbread Milk 
23 Hawaiian Burger Potato Wedges Peas & Carrots Fresh Fruit Whole Wheat Bun Milk	24	25 Roast Pork with Mushroom Gravy Scalloped Potatoes Baby Carrots Peaches Whole Wheat Roll Milk	26	27 Spaghetti with Meat Sauce Green Beans Baby Carrots Fresh Fruit Breadstick Milk
30 Breaded Chicken with Country Gravy Mashed Potatoes Mixed Vegetables Pineapple Hawaiian Roll / Milk				