

SEPTEMBER 2024



TUESDAY, SEPT 3

Stuffed pepper soup
Meatballs in sweet & sour sauce
Scalloped potatoes
Peas

THURSDAY, SEPT 12

Tossed salad
Creamy Italian shrimp tetrazzini
Roasted veggies

yummy!

TUESDAY, SEPT 24

Roasted tomato soup
Roast pork with gravy and Mashed potato
Carrots

THURSDAY, SEPT 5

Pesto pasta salad
Deviled eggs
Cold ham steak with a bun

TUESDAY, SEPT 17

Bean salad
Taco salad with homemade salsa, ground beef and a dollop of sour cream

THURSDAY, SEPT 26

Coleslaw
Roasted Italian chicken on a bed of rice
Zucchini

TUESDAY, SEPT 10

Greek pasta salad
Cold chicken breast with a melt-in-your-mouth croissant
Roasted corn salad

THURSDAY, SEPT 19

Caesar salad
Lasagna with layers of cheese, pasta with a homemade bolagnese sauce and garlic bread to clean up your plate!

DESSERTS
WITH EVERY
MEAL!

Menu items may vary on occasion due to availability and circumstances beyond our control.

Our Programs

FROZEN

Our homestyle frozen meals can be heated in your oven or microwave so they're ready when you are!

TRANSPORTATION

We have volunteer drivers available for long distance and local trips for medical appointments, shopping or social activities. Our Mobility Van is also available for those with assistive devices.

HOUSEHOLD MANAGEMENT

We can provide assistance with routine household tasks such as meal prep, laundry, light housekeeping or small one-time chores such as yard work and snow removal.



Reheating Instructions NEVER use a toaster oven!

TO REHEAT:

Microwave:
2-3 min on
high

OVEN:
350 for 10 min

FROM FROZEN:

Microwave:
5-7 min on high

Oven:
350 for 30 min



COMMUNITY CARE
FOR CENTRAL HASTINGS

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Meals on Wheels SEPTEMBER Menu