





# September 2022

## VALLEY SENIOR SERVICES - TRAILL/STEELE MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal, for Monday call by 2 pm on Friday

Phone **636-5953** or **1-800-845-1715**

**ALL MEALS INCLUDE 8 oz 1% MILK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			Chicken on a Whole Wheat Bun with Tomato & Lettuce Baby Baker Potatoes Coleslaw Fresh Fruit	Baked Cod/ Alfredo Sauce Rice Winter Blend Vegetables Peaches Cookie Whole Wheat Dinner Roll
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Tuna Noodle Hotdish Peas Lettuce Salad Fresh Fruit Whole Wheat Dinner Roll	Spaghetti with Meat Sauce Steamed Broccoli Pears Carrot Cake Garlic Breadstick	Fish Sandwich on a Whole Wheat Bun Tartar Sauce Au Gratin Potatoes Creamy Cucumbers Fresh Fruit	Lawry's Chicken Breast Cheesy Whipped Potatoes Candied Carrots Cherry Jell-O with Peaches & Whipped Topping Whole Wheat Dinner Roll
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Country Meatballs Mashed Potatoes Stewed Tomatoes Mandarin Oranges Whole Wheat Bread	Cheesy Egg Bake Sausage Link Mixed Vegetables Fresh Fruit Whole Wheat Bread	Baked Ham Scalloped Potatoes Steamed Cabbage Fresh Fruit Whole Wheat Dinner Roll	Polish Sausage with Sauerkraut Hot Dog Bun Macaroni Salad Steamed Cauliflower Mixed Berries	Beef Stroganoff Noodles Corn Tropical Fruit Fudge Brownie
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Sloppy Joe with Whole Wheat Bun Rosemary Roasted Potatoes Key West Blend Vegetables Fruit Cocktail	Chicken Parmesan Noodles Green Beans Peaches Garlic Breadstick	Macaroni Tomato Hotdish Peas Applesauce M & M Brownie Whole Wheat Dinner Roll	Chicken Salad w/ Grapes on a Croissant Carrot Raisin Salad Tossed Salad with Ranch Fresh Fruit Cookie	Salmon with Hollandaise Sauce Vegetable Rice Pilaf Broccoli Salad Mangos Pumpkin Bar
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Chicken Wild Rice Hotdish California Blend Vegetables Pears Dinner Roll	Sweet & Sour Meatballs Brown Rice Peas & Carrots Mandarin Oranges	Lemon Pepper Fish Parmesan Garlic Whipped Potatoes Winter Blend Vegetables Apple Crisp & Whipped Topping Whole Wheat Dinner Roll	Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Potato Salad Baked Beans Fresh Fruit	Buttermilk Chicken Brown Sugar Baked Squash Wax Beans Tropical Fruit Peanut Butter Cookie Whole Wheat Bread