

Meals on Wheels of Niagara Falls – Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 9/24	Mac and cheese Veggie	Sloppy Joe on a bun Veggie	Fried bologna Roasted potato Veggie	Turkey w/ Stuffing Veggie	Baked Fish Potato Veggie
WEEK OF 10/1	Chicken Broccoli Casserole Roll	Spanish Rice Veggie	Tacos Corn Pita chips	Pulled Pork on bun. Veggie	Tuna Noodle Casserole
WEEK OF 10/8	BBQ chicken Baked beans Cole slaw	Pork Loin Roasted Potato Squash	Scrambled Eggs Hash browns Peas	Meatballs Mashed potato/gravy veggie	Pizza Party
WEEK OF 10/15	Asian fried rice Carrots	Meatloaf Mashed Potato Carrots	Spaghetti w/ mushroom sauce Garden salad	Chicken Italian Pasta Garden salad	Lemon Pepper Fish Cole slaw Tater tots Veggie

MOW of NF is working to provide you with fresh locally grown vegetables and fruit. Vegetables served will depend on what is currently available to us.

All hot meals include a fruit or a dessert and 1% milk. Juice may be substituted on request.

The menu may change without notice due to circumstances beyond our control.