

IMPACT SERVICES / MEALS ON WHEELS MENU / Phone: 763-236-8718

September 11- September 22, 2023 (Menu is subject to change.)

1.) Fill in your name/address at the bottom.

2.) Circle the meal of your choice on the days you receive meals.

<u>Week 4</u>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/11-9/15		9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
OPTION 1	Cheese Omelet with Sausage and Muffin	BBQ Chicken Breast with Mashed Potatoes	Swedish Meatballs with Gravy over Mashed Potatoes	Salisbury Steak with Gravy and Whipped Potatoes	Baked, Breaded Chicken Tenders with Ranch Dressing	
OPTION 2	Scrambled Eggs with Muffin	Plain Chicken Breast with Mashed Potatoes	Roast Beef with Gravy with Mashed Potatoes	Roast Turkey with Whipped Potatoes and Gravy	Chicken with Mashed Potatoes and Gravy	
OPTION 3	Cheese Omelet with Veggie Sausage and Muffin	Pasta Marinara with Dinner Roll	Cheese Quesadilla	Macaroni and Cheese	Veggie Stir Fry with Brown Rice	
<u>Week 5</u>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/18-9/22		9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
OPTION 1	Cabbage Rolls	Beef Stroganoff	Meatloaf with Mashed Potatoes and Gravy	Bratwurst on Bun with Sauerkraut	Cheeseburger with Tater Tots	
OPTION 2	Roast Beef with Gravy	Turkey with Mashed Potatoes and Gravy	Chicken Breast with Mashed Potatoes and Gravy	Roast Beef with Whipped Potatoes and Gravy	Pulled Turkey with Gravy	
OPTION 3	Veggie Burger	Veggie Stir Fry with Rice	Fruit Plate with Cottage Cheese and Muffin	Veggie Pizza	Macaroni and Cheese	

> To ensure that you receive your choice, please return completed menu to office by **Tuesday, Sept. 5, 2023**

> **If you do not send back a completed menu, you will be sent the Main Entrée which is OPTION 1.**

> **Send completed menu back with driver or e-mail to: apd@impactservicesmn.org Call with questions: 763-236-8718**

NOTES:



NAME:

STREET ADDRESS:

PHONE: