September 2026 Meals on Wheels Menu

This menu meets the nutritional guidelines required by the Kansas Department of Aging & Disability Services (KDADS).

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **TACO SOUP** **CARROTS/CELERY** **W. CRACKERS/CHEESE** **FRUIT CUP/COOKIE** **MILK**	**2** **FRIED CHICKEN** **MAC & CHEESE** **GREEN BEANS** **BISCUIT W/HONEY** **MIXED FRUIT/MILK**	**3** **MCRIB** **BROCCOLI SALAD** **POTATO WEDGE** **WHEAT ROLL** **COOKIE/FRUIT** **MILK**	**4** **BAKED POTATO SOUP** **CRACKERS/CHEESE** **TOSSED SALAD/DRESSING** **W. ROLL** **BLUEBERRY COBBLER** **MILK**
7 **NO MEAL** **LABOR DAY**	**8** **BISCUIT & GRAVY** **HASHBROWN** **SAUSAGE** **CINNAMON ROLL** **FRUIT/MILK**	**9** **CHEESEBURGER W/BUN** **BAKED BEANS** **MAC AND CHEESE** **RELISH PLATE** **COOKIE/MILK**	**10** **BBQ MEATLOAF** **MASHED POTATOES W/ GRAVY** **BROCCOLI** **ROLL** **CHERRY CRISP/MILK**	**11** **SWISS STEAK** **AU GRATIN POTATOES** **SWEET CARROTS** **ROLL** **PUDDING/MILK**
14 **CHICKEN SANDWICH** **RELISH PLATE** **CHIPS** **BAKED BEANS** **JELLO CAKE/MILK**	**15** **GUMBO W/SHRIMP & SAUSAGE** **SIDE SALAD/DRESSING/ TOMATOES** **CORNBREAD/BUTTER** **MIXED FRUIT/MILK**	**16** **BBQ CHICKEN THIGHS** **BABY BAKERS** **COUNTRY GREEN BEANS** **WHEAT BREAD** **AMBROSIA** **MILK**	**17** **CHEF SALAD** **HAM/CHEESE/EGG/ CROUTONS** **CUCUMBERS/TOMATOES** **DRESSING** **CHOCOLATE CAKE/MILK**	**18** **CHILI DOG** **W/BUN** **POTATO SALAD** **CARROTS/CELERY** **ICE CREAM/MILK**
21 **TURKEY & CHEESE HOAGIE** **PICKLES/CHEESE/LETTUCE** **CHIPS** **COLESLAW** **FRUIT CUP/MILK**	**22** **POLISH SAUSAGE W/BUN** **TOSSED SALAD/DRESSING** **TOMATOES** **POTATO SALAD** **MIXED FRUIT** **PUDDING/MILK**	**23** **CHICKEN LEG QUARTERS** **MASHED POTATOES W/ GRAVY** **VEGETABLE BLEND** **WHEAT ROLL** **COOKIE/MILK**	**24** **PULLED PORK W/BUN** **BBQ SAUCE/PICKLE** **MAC & CHEESE** **BAKED BEANS** **FRUIT CRISP** **MILK**	**25** **CHICKEN AND NOODLES** **MASHED POTATOES** **TOSSED SALAD/DRESSING** **BREADSTICK** **MIXED FRUIT/MILK**
28 **TUNA SALAD W/CROISSANT** **PASTA SALAD** **COTTAGE CHEESE** **TOMATO SLICES** **FRUIT/MILK**	**29** **CHICKEN POT PIE FILLING W/BISCUIT** **TOSSED SALAD/DRESSING** **MIXED FRUIT** **JELLO/MILK**	**30** **FRIED COD** **DICED RED POTATOES** **VEGETABLE BLEND** **W. BREAD** **COOKIE/MILK**	**Troy-785-985-2296** **Elwood-913-365-2409** **Highland-785-442-5550** **Wathena-785-989-3501**	**A donation of $5.00 is requested if over 60. If you are under 60, please pay $9.00, the actual cost of the meal.**