

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.

September 2025

Allison Goodman RD, LD

Date: 7/22/25 Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	1 Labor Day Closed	2 Hamburger on whole wheat bun w/mustard, mayo, ketchup Baked potato w green onion, cheddar cheese Green beans Tropical fruit Milk	3 Veg chili Greens Mashed potatoes Pear Cornbread Milk	4 Chef salad Potato salad Pear Garlic sticks Milk	5 Fish w chimichurri sauce Polenta Broccoli Orange Biscuit Milk
<u>WEEK TWO</u>	8 Chicken noodle veg soup Roasted potatoes Naan Craisins Milk	9 Stuffed peppers Macaroni and cheese Mixed veggies Cherry lemon cup WW roll Milk	10 Chicken burger w lettuce/tom Home fries Mixed veggies WW bun Mandarin oranges Ketchup/mayo/must Milk	11 Turkey and cheese sandwich on 2 WW bread slices Slaw salad Lentil soup Strawberry kiwi cup Milk	12 Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Naan Milk
<u>WEEK THREE</u>	15 Veg quiche Potato w peppers and onions Sauteed kale French toast w syrup Orange Milk	16 Salisbury steak Mashed potatoes w green onion, cheddar, bacon Green beans WW bread Raisins Milk	17 Ravioli w meat sauce Okra/tomato Corn Biscuit Lemon raspberry cup Milk	18 Chicken salad Carrot cumin soup Coleslaw WW bread (2) Craisins Milk	19 Chicken picatta Mashed potatoes Spinach Applesauce Garlic sticks Milk
<u>WEEK FOUR</u>	22 Tortellini w turkey sausage and red pepper sauce Tossed salad w dressing Diced carrots WW roll Orange Milk	23 Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	24 BBQ chicken Mac and cheese Greens Cornbread Fruit cocktail Milk	25 Tuna salad sandwich Snap pea salad Tomato basil soup Peaches (2) WW bread Milk	26 Jambalaya Green beans Peas and carrots WW bread Birthday dessert Milk
<u>WEEK FIVE</u>	29 Hot dog on WW bun Baked beans Green beans Tropical fruit Ketchup/must/relish Milk	30 Veg lasagna Tossed salad w dressing Corn Garlic sticks Mandarin oranges Milk			