

(816)270-4100 **MENU for PSSI MOW/Home-Delivered Meals**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Stir Fry Brown Rice Cold Pickled Beets Mandarin Oranges WG White Bread Graham Crackers Soy Sauce	3 WG Mostaccoli w/meat Italian Vegetables Salad/tom/car Pineapple/mango mix Italian Bread Italian Dressing Graham Crackers	4 BBQ Chicken Carrots Potato Salad Tropical Fruit Mix WG Hamburger Bun	5 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	6 Chicken Parmesan WG Penne Pasta Broccoli Tossed Salad Banana WG Bread Graham Crackers French Dressing
9 CLOSED TRUMAN'S BIRTHDAY	10 Fish (Breaded) Cold Pickled Beets Green Beans Fruit Cup/Citrus WWG Bread Graham Crackers Tartar Sauce	11 Chili / Beans Shredded Cheddar Tossed Salad Peach Cobbler WW Crackers French Dressing	12 Rice & Bean Casserole w/Corn Tossed Salad Applesauce WW Tortilla Ranch Dressing Taco Sauce	13 Meatloaf Gravy (Brown)Lo Sod Country Blend Mashed Potatoes Peaches/Strawberries Wheat Dinner Roll
16 Chicken Breast Seasoned Potatoes AuGratin Broccoli Pineapple/mango mix WG Multigrain Bread Graham Crackers	17 Salisbury Steak Brown Gravy Sweet potatoes Broccoli Citrus Fruit Cup WG Wheat Bread Shortbread Cookies	18 Chicken Strips Potatoes O'Brien Tossed Salad Orange WW Multigrain Bread Graham Crackers French Dressing Honey Mustard	19 Beef Stew w/vegs Tossed Salad Banana Corn Muffin Ranch Dressing Oatmeal/Raisin Cookie	20 Meatball Sub Root Veg & Kale Tossed Salad Orange WG Hoagie Italian Dressing
23 Beef-mac/casserole Green beans Pears Vanilla Wafers Banana Pudding WG Wheat bread	24 Beef Pattie Tossed Salad Sweet Potato Wedges Banana WG Hamburger Bun Ranch Dressing Ketchup & Mustard	25 Chicken Fried Steak Gravy (country) Mashed Potatoes Winter Mix Pineapple Mango Mix WG Wheat Bread Shortbread Cookies	26 Tilapia, Battered Creamy coleslaw Sweet Potatoes Peaches/Strawberries WG Multigrain Bread Oatmeal/Raisin Cookie Tartar Sauce	27 Chicken Oven Fried Gravy Mashed Potatoes Green Beans White Cake WG Dinner Roll WG Orange Sherbert
30 CLOSED	31 Pulled Pork White Corn w/Pepper Coleslaw, vin dressing Apple slices WG Hoagie Roll	Margarine & 1% Milk served w/all meals 		

Menu is subject to change; substitutions may be made if approved by dietician.