



**September 2020
Black Mountain Senior Nutrition
Meals on Wheels
300 S. Racetrack Rd.
702-267-2960**

Suggested donation of \$2.50 per meal delivered

To hear the current week's menu, call 702-267-DINE (3463)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Open-faced roast beef sandwich Tater tots Peas Mixed salad Banana	2 Breaded pork cutlet w/gravy Au gratin potatoes California vegetables Green salad Applesauce Cake	3 Baked meatloaf Mashed potatoes w/gravy Antigua vegetables American salad Pineapple chunks	4 Fish & chips Provence vegetables Colorful salad Fruit cocktail Or Chef salad
7 CLOSED Labor Day No meal service	8 Pulled-pork sandwich Savory loops Catalina vegetables Cole slaw Banana Cookie	9 Oven-fried chicken Macaroni & cheese Meadow blend vegetables Spinach salad Pear slices	10 Spaghetti w/meatballs Broccoli Caesar salad Mandarin oranges Garlic roll Pudding	11 Orange chicken Jasmine rice Peas & carrots Garden salad Tropical fruit Or Tuna salad
14 Chicken-fried chicken Mashed potatoes w/gravy Scandinavian vegetables Mixed salad Peach slices	15 Italian sub sandwich w/ fixings Pasta salad Banana Cake	16 Lasagna Country blend vegetables Tomato & cucumber salad Garlic roll Orange slices	17 Sweet & sour pork Jasmine rice Oriental vegetables Asian salad Multigrain bread w/butter Applesauce	18 Cajun-style baked cod Wild rice Monaco blend vegetables Green salad Pineapple chunks Or Citrus chicken salad
21 Roast turkey Stuffing w/gravy Green beans American salad Fruit cocktail	22 Lobster ravioli California vegetables Caesar salad Banana	23 Malibu chicken Jasmine rice Antigua vegetables Spinach salad Pear slices	24 BBQ ribs Baked beans Potato salad Mandarin oranges	25 Swedish meatballs Pasta Peas Colorful salad Roll w/butter Tropical fruit Or Krab Louie salad (imitation crab meat)
28 Chicken pot pie Mixed vegetables Garden salad Peach slices Cake	29 Cheeseburger w/fixings French fries Broccoli Mixed salad Banana	30 Chicken parmesan Pasta Provence vegetables Broccoli salad Garlic roll Orange slices		

Food allergy notice: Food items may contain these or other allergy-causing ingredients: nuts, milk, eggs, wheat, soybeans, peanuts, fish and shellfish.

Menu Items subject to change. Milk is available with all meals Monday through Friday upon request.