



Meals on Wheels menu September 2025

REMINDERS

- You must be home to receive your meal(s) upon delivery.
- Please call our office at least two days prior if you know you will not be home.
- When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy Labor Day! (no meal service)	2 Old Bay tuna salad on lettuce and tomato Pasta salad Crackers Fresh fruit salad Milk	3 Baked "chicken-fried" steak with gravy Broccoli Mashed potatoes Fruit Yogurt Milk	4 Fish with creole tomato sauce Grits Steamed cabbage Apple Strudel Milk	5 Oven-fried chicken Okra and tomatoes Steamed rice Chocolate chip muffin Milk
8 Barbeque chicken Turnip greens Macaroni and cheese Roll Cookies Milk	9 Chicken Roti Jasmine rice Indian peas and potatoes Pita chips Mango custard Milk	10 Cheeseburger with lettuce and tomato Baked beans Mayonnaise and mustard Peach crisp Milk	11 Fajita chicken w/onions and peppers Fiesta rice Corn and black beans Fruit Danish Milk	12 Beef stew w/potatoes and carrots Vegetable medley Whole wheat bread Applesauce Milk
15 Salisbury steak w/gravy Squash Scalloped potatoes Fresh fruit Milk	16 Spaghetti w/ meat sauce Italian herb veggies Tossed salad w/dressing Peach cobbler Milk	17 Asian orange glazed chicken fritters Stir-fried vegetables Rice Cinnamon-spiced apples Milk	18 Barbeque pork cutlet Sliced sweet carrots Snap green beans Mashed potatoes Fruit cocktail Milk	19 Chicken salad on on lettuce and tomato Carrot-raisin salad Veggie pasta salad Crackers Chocolate pudding Milk
22 Lemon pepper fish Capri mixed vegetables Okra and tomatoes Rice Oatmeal cookie Milk	23 Ukiyo Izakaya's Sesame noodles Teriyaki beef & veggies Steamed cabbage Ukiyo's Vanilla rice pudding Milk	24 Baked chicken with mushroom gravy Collard greens Roasted rosemary potatoes Vanilla pudding Milk	25 Cheeseburger with lettuce and tomato Tator tots Vegetable medley Fresh fruit Milk	26 Chicken Cordon Bleu Garlic herb green beans Broccoli Pound cake Milk

#843-802-0919 / mowblufftonhiltonhead.org



MEALS on WHEELS BLUFFTON-HILTON HEAD