September 2025 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631-8044 Cashiers 745-6856

Senior Café - Reservations & Cancellations required by 3pm one day in advance

Sylva 631-8045 Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Fried Fish Filet Baked Beans Creamy Coleslaw Hush Puppies Milk Fresh Orange	3 Salisbury Steak Sautéed Peppers & Onions Yellow Rice Buttered Broccoli Peaches Roll Milk	4 Bkd Chicken Thigh Yellow Squash Casserole Lima Beans Applesauce Roll Milk	5 Cheeseburger/Bun L, T, O, & P Coleslaw BakedBeans TaterTots Milk juice/oj Watermelon
8 Pork Roast Pinto Beans Turnip Greens Cornbread Peach Crisp Milk	9 Spaghetti w/Meat Sauce Side Salad Lima Beans Milk Texas Toast Peach Cobbler	10 Macaroni & Cheese Black Eyed Peas Stewed Tomatoes Sugar Cookie Cornbread Milk	11 Chef Salad w/Turkey& Egg Potato Salad Cottage Cheese/Peaches Crackers juice/oj milk	12 Baked Chicken Thigh Pasta Alfredo Buttered Broccoli Mandarin Oranges Roll Milk
15 Baked Pork Chop Baked Sweet Potato Broccoli w/ Cheese Sauce Biscuit Orange Milk	16 Trio Salad Tuna, Egg,& Chicken Pasta Salad Side Salad Crackers Milk Strawberry Romanoff	17 Pinto Beans Steamed Cabbage Fried Potatoes &Onions Cornbread Milk Watermelon juice/oj	18 Chicken Salad Croissant, Lettuce, & Tomato Pasta Salad juice/oj Fresh Banana Milk	19 BBQ Meatloaf Mashed Potatoes Squash Casserole Fresh Banana Snickerdoodle Cookie Roll Milk
22 Chicken Tenders Mashed Potatoes & Gravy Black Eyed Peas Pineapple Tidbits Roll juice/oj Milk	23 Beef & Ham Deli Sandwich Italian Tomato Salad Red, White & Blueberry Fruit Salad Milk	24 Baked Pork Chop Potato Salad Glazed Carrots Baked Beans Banana Roll juice/oj Milk	25 Chicken Cordon Bleu Oven Roasted Potatoes Strwbry Spinach Salad Spiced Apples Texas Toast Milk	26 Turkey & Rice Casserole Green Beans Mexican Corn Banana Roll Milk Snickerdoodle Cookie
29 Crab Cakes Mashed Potatoes Green Peas Pineapple Tidbits Granola Bar Milk	31 Baked Chicken Thigh Baked Sweet Potato Green Peas Roll Peach Parfait Milk			