SEPTEMBER 2026

MEALS on WHEELS® SACRAMENTO COUNTY

Menu subject to change without notice. For menu translations and nutritional information, visit **www.mowsac.org**

QUESTIONS? PLEASE CALL:
(916) 444-9533

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Beef Stroganoff** with Whole Wheat Pasta Steamed Peas & Carrots Fresh Pear 1% Milk	**2** **Teriyaki Chicken** with Brown Rice Streamed Broccoli & Carrots Mandarin Oranges 1% Milk	**3** **Chicken Cheese Tamale** with Brown Rice Beans & Corn 100 % fruit juice	**4** **Cheeseburger Slider** Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk
7 *Meals on Wheels Cafes and Offices Closed*	**8** **Veggie & Cheese Omelet** with Bell Peppers & Onions Oat Cluster Hash browns Mandarin Oranges 1% Milk	**9** **Broccoli Beef** Brown Rice, Peas & Carrots Fresh Pear 1% Milk	**10** **Southwest Chicken Bowl** with Wild Rice, Beans, Corn & Green Chilies Provolone & Mozzarella Cheese Salsa 100% fruit juice	**11** **BBQ Chicken** with Yellow Corn Sweet Potatoes Whole Grain Bread Slice Fresh Orange 1% Milk
14 **Fish Sticks** with Brown Rice, Broccoli & Carrots Mandarin Oranges 1% Milk	**15** **Country Fried Steak** Mashed Potatoes with Gravy Carrots While Grain Bread Slice Applesauce 1% Milk	**16** **Whole Wheat Pancake** with Syrup, Hash browns Turkey Link Fresh Orange 1% Milk	**17** **Cheese Quesadilla** Wild Rice Black & White Beans, Corn & Onion 100% fruit juice	**18** **Spaghetti & Meatballs** Marinara Vegetable Blend Fresh Pear 1% Milk
21 **Philly Cheese Steak Sliders** on Whole Wheat Bun with Bell Peppers, Onions & Cheese Fresh Orange 1% Milk	**22** **Shrimp Fried Rice** with Brown Rice, Celery, Peas & Carrots Fresh Pear 1% Milk	**23** **Curry Chicken** with Brown Rice, Green Beans Applesauce 1% Milk	**24** **Cheese Ravioli** with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice 100% fruit juice	**25** **English Muffin Sandwich** Whole Wheat English Muffin with Egg & Turkey Patty Hash browns Mandarin Oranges 1% Milk
28 **French Toast Sticks** Eggs Hashbrowns Applesauce 1% Milk	**29** **Beef Stroganoff** with Whole Wheat Pasta Steamed Peas & Carrots Fresh Pear 1% Milk	**30** **Teriyaki Chicken** with Brown Rice Streamed Broccoli & Carrots Mandarin Oranges 1% Milk		

ALLERGEN NOTICE: Prepared in a facility that processes common allergens. Please check ingredient list on meal for details. **VEGETARIAN :** **SHELLFISH:** **FISH OIL:** **WHEAT:**