

Menu is subject to change due to availability.
We apologize for any inconvenience.

All of our meals are designated and approved by a certified nutritionist.

**Wise County
Committee on Aging
September 2024**

We do not have the funds to customize your food, we apologize if you don't like the food.

**Weekend meals are for Home
Delivered Meals.**

Sunday 9/1/2024	Monday 9/2/2024	Tuesday 9/3/2024	Wednesday 9/4/2024	Thursday 9/5/2024	Friday 9/6/2024	Saturday 9/7/2024
Oven Fried Chicken Whipped Sweet Potato Broccoli Roll Fruit Crisp	BBQ Stuffed Potato Carrots Peach Cobbler	Beef Fajita Tips Spanish Rice Charro Beans Shred Lettuce & Chop Tomato Tortilla Pears	Chicken Tenders Garlic Mashed Potatoes Vegetable Medley Roll Oatmeal Raisin Cookie	Beef & Pasta Casserole Zucchini Tossed Salad Dressing Bread Apple Brown Betty	Pesto Chicken Salad Lett/Tom/Pickle/Onion Hamburger Bun Old Fashion Potato Salad Pea Salad Fresh Fruit	Beef Enchiladas Spanish Rice Pinto Beans Lettuce Tomato Salad Salsa Fresh Fruit
Sunday 9/8/2024	Monday 9/9/2024	Tuesday 9/10/2024	Wednesday 9/11/2024	Thursday 9/12/2024	Friday 9/13/2024	Saturday 9/14/2024
Turkey Rice Casserole Green Pea Salad Calico Corn Roll Strawberry Oatmeal Cake	Pulled Pork w/BBQ Sauce Hamburger Bun Baked Beans Herbed Corn Onion Slices Fruit	Meatballs Spaghetti w/Sauce Broccoli Florets Roll Cinnamon Peaches	Grilled Chicken Sandwich Baked Steak Fries Buttered Carrots Lettuce & Tomato Slices Pudding Parfait	Roast Turkey Cornbread Dressing Poultry Gravy Green Beans Cranberry Sauce Mandarin Orange Fluff	Chicken Fajitas Fluffy Rice Charro Beans Lettuce & Tomato Tortilla & Salsa Applesauce	Hamburger Steak Onion Gravy Chuckwagon Corn Broccoli Cauliflower Medley Roll Banana Pudding w/Wafers
Sunday 9/15/2024	Monday 9/16/2024	Tuesday 9/17/2024	Wednesday 9/18/2024	Thursday 9/19/2024	Friday 9/20/2024	Saturday 9/21/2024
Chicken Spaghetti Squash Medley Garden Salad Roll Italian Dressing Escaloped Apples	Meatloaf Mashed Potatoes Herbed Green Beans Roll Ketchup Fruit Gelatin	Citrus Baked Chicken Whipped Sweet Potato Peas & Carrots Roll Frosted Angel Food Cake	Crunchy Baked Fish Roasted Red Potatoes Tangy Coleslaw Bread Hot Spiced Peaches	Chicken & Dumplings Carrots Saltine Crackers Apple Crisp	Chef's Salad Garden Pasta Salad Watermelon Chunks Oatmeal Raisin Cookie	Stuffed Cabbage Casserole Baby Bakers Cauliflower Sidekick Fruit Cup
Sunday 9/22/2024	Monday 9/23/2024	Tuesday 9/24/2024	Wednesday 9/25/2024	Thursday 9/26/2024	Friday 9/27/2024	Saturday 9/28/2024
Egg & Sausage Casserole Oven Potatoes Spinach with Onions Roll Strawberry Yogurt Parfait	Chicken Pasta Primavera Italian Green Beans Fresh Tossed Salad Dressing Bread Cinnamon Apples	Rotini & Meat Sauce Tossed Salad Italian Vegetables Bread Peach Cobbler	Grilled Chicken Pattie Oven Baked French Fries Buttered Corn Lett/Tom/Pickle/Onion Hamburger Bun Fresh Fruit	Baked Pork Chop Baked Sweet Potato Brussels Sprouts Roll Angel Food Cake	Chicken & Broccoli Stir Fry Fluffy Rice Vegetable Egg Roll Tropical Fruit Fortune Cookie	Baked Fish Au Gratin Potatoes Coleslaw Bread Fresh Fruit






WISE COUNTY COMMITTEE ON AGING
Organized by Wise County
Lunches for Seniors
WISEMEALS.ORG (940) 627-5329
T.V. - L.C. # DT8 1090

Sunday 9/29/2024	Monday 9/30/2024
BBQ Beef Red Roasted Potatoes Broccoli w/Cheese Bread Banana Pudding w/Wafers	Chicken Salad on Lettuce Potato Salad Green Pea Salad Bread Fresh Fruit Salad Oatmeal Cookie

HDM Clients: Milk/Juice delivered along with the weeks first meal.