

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.

September 2026

Allison Goodman RD, LD

7/9/26 Allison Goodman RD, LD License #ND 7006

<u>WEEK FOUR</u>	21 Chicken parm Penne marinara Greens WW bread Pineapple Milk	22 Butter chicken Basmati rice Diced carrots Kale Naan Applesauce Milk	23 Ravioli w meat sauce Tossed salad w dressing Baby carrots WW bread Lemon raspberry cup Milk	24 Turkey sandwich on WW bread Veg pasta salad Tomato basil salad Banana Milk	25 Veg lasagna Tossed salad w dressing Corn WW bread Birthday dessert Milk
<u>WEEK FIVE</u>	28 Jambalaya Tossed salad Peas and carrots Biscuit Mandarin oranges Milk	29 Sloppy Joe Mac and cheese Cabbage WW bun Watermelon Milk	30 Chicken lo mein Bok choy Corn Pineapple Naan Milk		