

SCMOW Monthly Menu

September 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/3	9/4	9/5	9/6	9/7	9/8	9/9
Cold Meal		SCMOW is closed for the holiday.	Cottage Cheese w/ Peaches / Roll / Grape Tomatoes	Italian Sub / Macaroni Salad / Applesauce Spice Cake	Turkey & Swiss Sandwich / Marinated Mushrooms / Pudding	Egg Salad Sandwich / Diced Beets / Pears	
Hot Meal		Happy Labor Day!	Chicken and Broccoli Casserole/ Mandarin Oranges	Crab Cake/ Brown Rice/ Carrots/ Pineapple	Pork Chop/ Cornbread Stuffing/ Green Peas/ Applesauce	Spaghetti Bolognese/ Green Beans/ Peaches	
	9/10	9/11	9/12	9/13	9/14	9/15	9/16
Cold Meal		Greek Yogurt w/ Peaches & Granola / Baby Carrots	Bologna & Cheese Sandwich / Corn Relish / Cinnamon Applesauce	Cobb Salad / Fruit Cocktail / Brownies	Pastrami & Cheese Sandwich / Cucumbers / Strawberries & Bananas	Ham Salad on Bun / Coleslaw / Pineapple	
Hot Meal		Lemon Pepper Fish/ Mashed Potatoes/ Lima Beans/ Fruit Cocktail	Cheese Ravioli/ Green Peas/ Peaches	Sloppy Joe on a Roll/ Corn Casserole/ Pears	Ham Pot Pie/ Applesauce	Chicken Stir Fry/ Mandarin Oranges	
	9/17	9/18	9/19	9/20	9/21	9/22	9/23
Cold Meal		Chicken Salad Sandwich / 3 Bean Salad / Peaches	Smoked Sausage w/ Cheese & Crackers / Pickled Beets / Apricots	Ham & Cheese on Wheat / Chilled Beets / Chocolate Chip Cookies	Tuna Macaroni Salad / Pea Salad / Applesauce	Chef's Salad / Dinner Roll / Pears	
Hot Meal		Meatloaf/ Carrots/ Applesauce	Parmesan Crusted Fish/ Rice/ Brussels Sprouts/ Warm Spiced Apples	Roasted Chicken/ Scallop Potatoes/ Broccoli/ Fruit Cocktail	Spinach and Potato Curry over Rice/ Pineapple	Tuna Noodle Casserole/ Peaches	
	9/24	9/25	9/26	9/27	9/28	9/29	9/30
Cold Meal		Hummus w/ Pita & Veggies / Fruit Cocktail	Cold Meatloaf Sandwich / Broccoli Salad / Sliced Apples	Chicken Salad on Bun / Potato Salad / Carrot Cake	Red, White, & Bleu Salad / Dinner Roll / Pudding	Tuna Salad Sandwich / Garlic Tomatoes / Mandarin Oranges	
Hot Meal		Chicken Alfredo/ Green Beans/ Mandarin Oranges	BBQ Pulled Pork Sandwich/ Steamed Corn/ Pears	Sausage and Cheese Frittata/ Roasted Potatoes/ Peaches	Philly Cheesesteak/ Carrots/ Fruit Cocktail	Frank and Beans/ Green Peas/ Applesauce	

State College Area Meals on Wheels reserves the right to make changes to this menu as needed. Restrictions, allergies, and preferences may cause your menu to be slightly different day by day. Please call 814-237-8135 with any questions.