




September 2025

Meals On Wheels - Independence

All meals are made in Independence
served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	1 CLOSED FOR HOLIDAY	2 - Italian Chicken - Au Gratin Potatoes - Green Beans	3 - Sloppy Joe Bake - Sweet Carrots	4 - Sour Cream Pork - Noodles - Normandy Vegetables	5 - Oven Baked Chicken - Mashed Potatoes - Carrots	6
7	8 - Riblets - Mac & Cheese - Peas	9 - Shepherd's Pie - California Vegetables	10 - Chicken Al Fredo - 5 Way Mixed Vegetables	11 - Meatloaf - Mashed Potatoes - Green Beans	12 - Sliced Turkey & Gravy - Stuffing - Spinach	13
14	15 - Parmesan Crusted Chicken - Scalloped Potatoes - Broccoli	16 - Salisbury Steak - Mashed Potatoes & Gravy - Corn	17 - Hawaiian Ham - Au Gratin Potatoes - Green Beans	18 - BBQ Chicken - Baked Beans - Peas & Carrots	19 - Fish - Tater-tots - Beets	20
21	22 - Beefy Mac & Cheese - Carrots	23 - Ham & Cheese Sandwich - Cottage Cheese - Chips	24 - Biscuits & Gravy - Sausage Patty - Applesauce	25 - Beef Enchiladas - Mexican Corn	26 - BBQ Pork - Au Gratin Potatoes - Green Beans	27
28	29 - Tuna Casserole - Spinach	30 - Spaghetti & Meat Sauce - Italian Vegetables				Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE