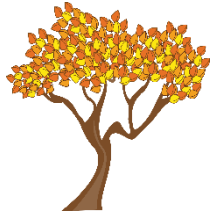


September 2026

Meals On Wheels

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 - Salisbury Steak - Mashed Potatoes - California Medley	2 - Chicken Pot Pie w/ Biscuit - Beets	3 - Riblets - Baked Beans - Corn	4 - Cheeseburger - Sweet Potato Chips - Broccoli	5
6	7 CLOSED FOR HOLIDAY	8 - Ham w/ Pineapple - Au Gratin Potatoes - Peas	9 - Meatloaf - Mashed Potatoes - Cauliflower	10 - Chili Frito Pie - Carrots	11 - Chicken Patty - Tater-Tots - Peas	12
13	14 - Sweet & Sour Meatballs w/ Green Peppers - Rice - Peas & Carrots	15 - BBQ Pulled Pork - Au Gratin Potatoes - Green Beans	16 - Crispy French Chicken - Roasted Potatoes - Corn	17 - Ham & Cheese Sandwiches - Cottage Cheese - Chips	18 - Pork Egg Rolls w/ Rice - 5way Medley	19
20	21 - Chicken Tenders - Mac & Cheese - Green Beans	22 - Hot Beef Sandwich - Mashed Potatoes - Peas	23 - Sweet & Sour Pork - Scalloped Potatoes - Corn	24 - Chicken Alfredo - Broccoli	25 - Biscuits & Gravy - Sausage Patty - Spiced Peaches	26
27	28 - Shepherd's Pie - Carrots	29 - Italian Chicken - Au Gratin Potatoes - Carrots	30 - Toasted Ravioli w/ Meat Sauce - 5way Medley			Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE