September Menu

SouthEastern Idaho Community Action Agency
Helping People, Changing Lives.

Please call the day before to cancel your meal if you are not going to be home (208) 232-1114 Opt. 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1.Turkey & Stuffing • Turkey • Veggies • Fruit • Bread • Milk	**2.Garlic Parmessan Beef Pasta** • Beef • Veggies • Fruit • WG Noodle • Milk	**3.Teriyaki Chicken** • Chicken • Veggies • Fruit • Rice • Milk
7.Labor Day ***CLOSED***	**8.Sweet Pork Barbacoa** • Pork • Veggies • Fruit • WG Tortilla • Milk	**9.Salmon Burger** • Salmon • Veggies • Fruit • Bread • Milk	**10.Meatloaf** • Beef • Veggies • Fruit • Bread • Milk
14.Green Bean Chicken Thigh • Chicken • Veggies • Fruit • Pasta • Milk	**15.Chicken Cobbler** • Chicken • Veggies • Fruit • Bread • Milk	**16.Chicken Fried Steak** • Beef • Veggies • Fruit • WG Roll • Milk	**17.Tuna Rice Bowl** • Tuna • Veggies • Rice • Milk
21.Smothered Pork • Pork • Veggies • Fruit • Pasta • Milk	**22.Shepherd's Pie** • Beef • Veggies • Fruit • Bread • Milk	**23.Honey Dijon Chicken** • Chicken • Veggies • Fruit • Rice • Milk	**24.Pork Roast & Potatoes** • Pork • Veggies • Fruit • Bread • Milk

United Way
United Way of Southeastern Idaho

All MEALS FOLLOW THE ⅓ OF THE REQUIRED DIETARY ALLOWANCE REQUERIED BY THE NATIONAL ACADEMY OF SCIENCE AND ADHERES TO THE DIETARY GUIDELINES.

MEALS ON WHEELS AMERICA
2026 Member

September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
28.Breakfast Casserole • Egg & Sausage • Veggies • Fruit • Bread • Milk	**29.Fish Taco** • Fish • Veggies • Fruit • Tortilla • Milk	**30.Cheeseburger** • Beef • Veggies • Fruit • Bread • Milk	



ALL MEALS ARE PREPARED WITH LITTLE OR NO ADDED SODIUM

****Ingredients subject to change, due to nationwide shortages****



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