



**MEALS on WHEELS**  
**CHEYENNE**

TOGETHER, WE CAN DELIVER.

# MENU

## SEPTEMBER MEAL SPONSOR



**Platte Valley Bank**  
MEMBER FDIC  
*A Platte Valley Company*

*If you need to cancel your meal  
 please contact our office  
 before 8:30am  
 at (307) 635-5542.*

<p><b>MONDAY</b>  <b>SEPTEMBER 25</b></p>	<p>Fall Turkey Burger          Sweet Potato Waffle Fries          Succotash          Plums          Apple Crumble</p>
<p><b>TUESDAY</b>  <b>SEPTEMBER 26</b></p>	<p>Shredded Beef Enchilada          Refried Beans          Shredded Lettuce &amp; Tomato          Cantaloupe          Mexican Chocolate Brownie</p>
<p><b>WEDNESDAY</b>  <b>SEPTEMBER 27</b></p>	<p>Miso Cod          Jasmine Rice          Sunshine Veggie Blend          Vegetable Spring Roll          Tropical Fruit          Blueberry Corn Muffin</p>
<p><b>THURSDAY</b>  <b>SEPTEMBER 28</b></p>	<p>Butternut Squash Soup          Rosemary Focaccia Bread          Chicken Apple Sausage          Cottage Cheese w/ Cranberries          Frosted Pumpkin Cookie</p>
<p><b>FRIDAY</b>  <b>SEPTEMBER 29</b></p>	<p>Kale Caesar Salad          Sweet Peppers          Cherries          PB&amp;J Cake</p>

**MENU SUBJECT TO CHANGE BASED ON  
 AVAILABILITY AND DIETARY RESTRICTIONS**