



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

TOGETHER, WE CAN DELIVER.

# MENU

## September Meal Sponsor



<p><b>MONDAY</b>  <b>SEPTEMBER 23</b></p>	<p>Mashed Potato Bowl          Kale Salad          Fresh Apple          Brown Sugar Pecan Cookie</p>
<p><b>TUESDAY</b>  <b>SEPTEMBER 24</b></p>	<p>Italian Stuffed Portabella          Savory Pumpkin Focaccia          Roasted Broccoli          Cranberry Cream Pie</p>
<p><b>WEDNESDAY</b>  <b>SEPTEMBER 25</b></p>	<p>Homemade Hamburger Helper          Catalina Vegetable Blend          Cinnamon Butternut Squash          Salted Caramel Pretzel Brownie</p>
<p><b>THURSDAY</b>  <b>SEPTEMBER 26</b></p>	<p>Chicken &amp; Sausage Gumbo          Green Beans          Spiced Peaches          Sweet Potato Cake          with Maple Glaze</p>
<p><b>FRIDAY</b>  <b>SEPTEMBER 27</b></p>	<p>Salmon Salad          Croissant          Red Grapes          Arugula Salad          Banana Pudding Parfait</p>

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

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

2015 S. Greeley Hwy • Cheyenne, WY 82007  
 (307) 635-5542 • mealsonwheelsofcheyenne.com