



# MEALS on WHEELS

## CHEYENNE

TOGETHER, WE CAN DELIVER.

new

# MENU

MEALS on WHEELS<sup>®</sup> CHEYENNE

# OCTOBER

MEAL SPONSOR  
*The* Therapy Center  
AT LIFE CARE CENTER OF CHEYENNE



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

MONDAY  
SEPTEMBER 29

Rosemary White Fish  
with Potatoes  
Bahama Blend Veggies  
Spiced Cherries  
Cinnamon Brownie

TUESDAY  
SEPTEMBER 30

Pumpkin Sausage Stuffed Shells  
Broccolini  
Honeycrisp Apple  
Caramel Cake

WEDNESDAY  
OCTOBER 1

Carrot Ginger Bisque with  
Roasted Root Veggie  
Croissant  
Plum Clafoutis

THURSDAY  
OCTOBER 2

Red Pepper Pesto Beef  
Goat Cheese Risotto  
Golden Beets  
Garlic Mushrooms  
Apricot Shortcake

FRIDAY  
OCTOBER 3

Honey Mustard Turkey Sandwich  
Marinated Butter beans  
Sliced Pears  
Snickerdoodle Bar

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

2015 S. Greeley Hwy • Cheyenne, WY 82007

(307) 635-5542 • [mealsonwheelsofcheyennc.com](http://mealsonwheelsofcheyennc.com)