

Meals on Wheels May 2019 Menu-Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
MAY CHOICE MEALS Call 651-653-3123 1. Beef Pot Roast 2. Turkey Meatloaf 3. Herbed Butter Cod 4. Veggie Lo Mein		1	2	3	4	5
		BBQ Pulled Pork sandwich Mixed Veggies, WW bun, Creamy Coleslaw Diced Pears ALT: BBQ Chicken	Chicken A La King W/Biscuit, Mixed Veggies, Diced Cantaloupe Snickerdoodle Cookie	Spaghetti Bolognese Peas & Carrots Fresh Green Salad & Italian dressing Garlic bread Mandarin Orange Cup	Turkey Meatloaf Delivered Thurs 5/2	Shephard Pie Delivered Thurs 5/2
6	7	COLD - 8 - COLD	9	10	11	12
Pub Burger Wheat bun Ketchup & Mustard Chef's choice veggies Carrot & Raisin Salad Diced Honeydew	Tuna Casserole Steamed Broccoli Banana Chocolate Dessert Bar ALT: Chick Casserole	Chicken Caesar Salad, Dressing, Garlic Bread, Apple Slices, Vanilla Pudding ALT: Ranch dressing	Roasted Turkey Wild Rice Blend Brussel Sprouts Diced Pineapple Cup Rice Crispy Bar	Hamburger Stroganoff Brown Rice, Green Beans, Mixed Fruit Cup, Sugar Cookie	Baked Ham Delivered Thurs 5/9	Chicken Stir-Fry Delivered Thurs 5/9
OLIVE GARDEN 13	14	15	16	17	18	19
Stuffed Cheese Ravioli w/Marinara Italian Salad Bread Sticks Chocolate Mint	Turkey Tetrazzini Egg Noodles Stewed Tomatoes Fresh Pear Fudge Cookie	Chicken Lasagna Steamed Broccoli Italian Green Salad Diced Pear Cup	Honey Baked Ham Sweet Potatoes, Green beans, Dinner Roll Apple Slices ALT: Honey Chicken	Chicken Fajitas Spanish Rice, Onions & Peppers, Corn & Bean Salsa, Orange Apple Pie	Sloppy Joe Delivered Thurs 5/16	Roast Turkey Delivered Thurs 5/16
20	21	22	23	24	25	26
Beef Pot Roast Mashed Potatoes & Gravy, Steamed Asparagus, Dinner Roll & Grapes	Ham & Egg Bake Roasted Veggies English Muffin Fresh Banana ALT: Veggie Bake	Garlic Tilapia, Egg noodles, Steamed Spinach, Apple Slices, Sugar Cookie ALT: Garlic Chicken	Chicken Parma Rosa Diced Carrots, Italian green Salad Fresh Cantaloupe Angel Food Cake	Turkey Burger Wheat Bun Ketchup & Mayo Creamy Coleslaw Baked Apples	Roast Pork Loin Delivered Thurs 5/23	Beef & tomato Casserole Delivered Thurs 5/23
CLOSED - 27	28	29	30	31	June 1	June 2
This Meal will be delivered Friday 5/24 Roasted Herb Chicken Brown Rice, Green Beans, Fudge Cookie	Pork Loin, Mashed Potato w/gravy, Zucchini & Peppers, Dinner roll, Rice Crispy Bar ALT: Roast Chicken	Chili Mac Casserole Steamed Spinach Apple Slices Choc. Chip Cookie	Oven Baked Fish Brussel Sprouts Chickpea Grain salad Fresh Pear ALT: Baked Chicken	Beef Lasagna Peas & Carrots Italian Green salad Herb Breadstick Diced Pineapple	Beef Pot Roast Delivered Thurs 5/30	Chicken Alfredo Delivered Thurs 5/30

ALL Meals are served with your Choice of 1% milk OR a variety of Juice

Call 651-653-3123 to order ALTERNATE Meal in yellow or Weekend Meals