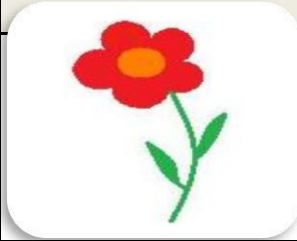



## Meals on Wheels JUNE 2019 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<b>JUNE CHOICE MEALS</b> <b>Call 651-653-3123</b> 1. Beef Sloppy Joe                      2. Roast Turkey 3. Oven Baked Fish                      4. Breakfast Hash					<b>1</b> <b>Beef Pot Roast</b>  Delivered Thurs 5/30	<b>2</b> <b>Chicken Alfredo</b>  Delivered Thurs 5/30
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>BBQ Pork sandwich</b> Mixed Veggies, WW bun, Creamy Coleslaw Diced Pears <b>ALT: BBQ Chicken</b>	<b>Turkey Meatloaf</b> Bread Stuffing Turkey Gravy Steamed Carrots Pudding Cup	<b>Chicken A La King</b> W/Biscuit Mixed Veggies Diced Cantaloupe Oatmeal Raisin Cookie	<b>Spaghetti, Peas &amp; Carrots, Green Salad &amp; Italian dressing</b> Garlic bread Mandarin Orange Cup	<b>Mac &amp; Cheese</b> California blend veggies Diced Pineapple Cup Choc. Chip Cookie	<b>Shepherd Pie</b>  Delivered Thurs 6/6	<b>Chicken Stir-Fry</b>  Delivered Thurs 6/6
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Hamburger Stroganoff</b> Brown Rice Pilaf Green Beans Mixed Fruit Cup Snickerdoodle Cookie	<b>Pub Burger w/bun</b> Ketchup & Mustard Chef's choice veggies Carrot & Raisin Salad Diced Honeydew	<b>Tuna Casserole</b> Steamed Broccoli Banana Brownie <b>ALT: Chick Casserole</b>	<b>Chicken Caesar Salad, Dressing, Garlic Bread, Apple Slices, Vanilla Pudding</b> <b>ALT: Ranch dressing</b>	<b>Roasted Turkey</b> Wild Rice Blend Brussel Sprouts Diced Pineapple Cup Spice Bar	<b>Sloppy Joe</b> Delivered Thurs 6/13	<b>Turkey Meatloaf</b> Delivered Thurs 6/13
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Turkey Tetrazzini</b> Egg Noodles Stewed Tomatoes Fresh Pear Molasses Cookie	<b>Chicken Lasagna</b> Steamed Broccoli Italian Green Salad Diced Pear Cup	<b>Swedish Meatballs</b> Egg Noodles Diced Carrots Shortbread	<b>Chicken Fajitas</b> Spanish Rice, Onions & Peppers, Corn & Bean Salsa, Orange Apple coffee cake	<b>Honey Baked Ham</b> Sweet Potatoes, Green beans, Dinner Roll, Apple Slices <b>ALT: Honey Chicken</b>	<b>Roast Turkey</b> Delivered Thurs 6/20	<b>Beef Hotdish</b> Delivered Thurs 6/20
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Beef Pot Roast</b> Mashed Potatoes w/gravy & Green Beans Dinner roll w/ butter Grapes	<b>Ham &amp; Egg Bake</b> Mixed Veggies English Muffin Fresh Banana <b>ALT: Veggie Bake</b>	<b>Garlic Tilapia, Egg noodles, Steamed Spinach, Apple Slices, Sugar Cookie, tartar sauce</b> <b>ALT: Garlic Chicken</b>	<b>Turkey Burger</b> Wheat Bun Ketchup & Mayo Creamy Coleslaw Baked Apples	<b>Chicken Parma Rosa</b> Diced Carrots, Green Salad, Italian dressing Fresh Cantaloupe Yellow Cake w/frosting	<b>Mac &amp; Cheese</b>  Delivered Thurs 6/27	<b>BBQ Pork Sandwich</b>  Delivered Thurs 6/27

**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**