

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

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY CLOSED - 4	FRIDAY CLOSED - 5	SAT 6	SUN 7
Rosemary Chicken Roasted potatoes Assorted Veggies Dinner roll Diced Peaches	Salisbury Steak Egg Noodles & Gravy Diced Carrots Fresh Fruit mix Oatmeal butterscotch cookie	Turkey Meatloaf Mashed Potatoes Green Beans Dinner Roll Diced Pineapple	Delivered Wed 7/3 Sloppy Joe Mashed Potatoes Veggies	Delivered Wed 7/3 Mac & Cheese Vegetable Blend Mandarin Oranges Gingersnaps	Beef Pot Roast Delivered TUES 7/3	Chicken Alfredo Delivered TUES 7/3
NEW 8 NEW	NEW 9 NEW	NEW 10 NEW	11	12	13	14
Greek Chicken w/pasta Steamed Zucchini Chocolate Banana Bar	Tuna Melt Served on WW bread Peas & Carrots Fresh Grapes ALT: Chicken melt	Latin Inspired Pork Red Beans & Rice Sweet Corn, Apple Slices, Oatmeal Choc. Chip cookie ALT: Latin Chicken	Beef Lasagna Steamed Broccoli Side Salad w/dressing Bread Pudding	Breakfast Hash Turkey Sausage Diced Pears English muffin & butter	Shepherd Pie Delivered Thurs 7/11	Chicken Stir-Fry Delivered Thurs 7/11
NEW 15 New	16	17	COLD 18 COLD	19	20	21
Pineapple Chicken Brown Rice Steamed Broccoli White Choc. Chip cookie	BBQ Pork sandwich Bun Sweet Corn Diced Peaches ALT: BBQ Chicken	Lemon Garlic Tilapia Brown Rice Pilaf Peas & Carrots Fresh Fruit Mix Tartar Sauce	Chicken Caesar Salad Dressing Garlic Bread Fruit Cups Yellow Cake w/icing	Chili Mac Casserole Baked Apples Green Beans Frosted Sugar Cookie	Sloppy Joe Delivered Thurs 7/18	Turkey Meatloaf Delivered Thurs 7/18
NEW 22 NEW	23	COLD 24 COLD	25	NEW 26 NEW	27	28
Cuban Beef Black beans & Rice Diced Carrots M&M Cookie	Baked Fish w/Dill sauce, Brown Rice pilaf, Veggies Toffee cookie ALT: Baked Chicken	Summer Chicken Pasta Salad Tropical Fruit Cup Garlic Toast	Honey Baked Ham Mashed Potatoes, Brussel Sprouts, Dinner Roll, Diced Peaches ALT: Baked Chicken	Turkey Taco Bowl Spanish Rice Corn & Bean Salsa Coffee Cake	Roast Turkey Delivered Thurs 7/25	Beef Hotdish Delivered Thurs 7/25
29	NEW 30 NEW	NEW 31 NEW	JULY CHOICE MEALS Call 651-653-3123 1. Beef Pot Roast 2. Chicken Alfredo 3. Herbed Butter Cod 4. Egg & Cheese Strata			
Turkey Tetrizzini Egg Noodles Sweet Peas Diced Pineapple Cup	Jamaican Chicken Mashed Sweet Potato Fresh Grapes Dinner Roll	Pork Stir Fry Brown Rice Sliced Apples Chocolate Sea Salt Cookie ALT: Chicken Stir fry				

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