

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<p align="center"><b>AUGUST CHOICE MEALS</b> Call 651-653-3123</p> <p>1. Salisbury Steak                      2. Rosemary Chicken 3. Parmesan Fish                        4. Breakfast Hash</p>			<b>COLD – 1 - COLD</b>	<b>2</b>	<b>3</b>	<b>4</b>
			<p><b>Tuna Salad sandwich</b> Coleslaw Blueberry Muffin <b>ALT: Chicken Salad</b></p>	<p><b>Hamburger w/bun</b> Ketchup Mustard, Lettuce tomato Baked Beans Watermelon Jam Bar</p>	<p><b>Chili Mac Hotdish</b>  <b>Delivered Thurs 8/1</b></p>	<p><b>Roast Turkey</b>  <b>Delivered Thurs 8/1</b></p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>Turkey Meatloaf</b> Mashed Potatoes Green Beans Dinner Roll Diced Pineapple</p>	<p><b>Fish Taco Bowl</b> Spanish Rice, Corn &amp; Bean Salsa, Zucchini, Molasses cookie <b>ALT: Chicken taco</b></p>	<p><b>Rosemary Chicken</b> Roasted potatoes Assorted Veggies Dinner roll Diced Peaches</p>	<p><b>Mac &amp; Cheese</b> Vegetable blend Mandarin Oranges Choc. Chip Muffin</p>	<p><b>Salisbury Steak</b> Egg Noodles &amp; Gravy Diced Carrots, Fresh Fruit mix, Oatmeal butterscotch cookie</p>	<p><b>Beef Pot Roast</b> <b>Delivered Thurs 8/8</b></p>	<p><b>Orange Chicken</b> <b>Delivered Thurs 8/8</b></p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>Breakfast Hash</b> Turkey Sausage Diced Pears English muffin &amp; butter</p>	<p><b>Greek Chicken</b> w/pasta Steamed Zucchini Chocolate Banana Bar</p>	<p><b>Tuna Melt</b> Served on WW bread Peas &amp; Carrots Fresh Grapes <b>ALT: Chicken melt</b></p>	<p><b>Beef Lasagna</b> Steamed Broccoli Side Salad w/dressing Bread Pudding</p>	<p><b>Latin Inspired Pork</b> Red Beans &amp; Rice Sweet Corn, Apple Slices, Oatmeal Choc. Chip cookie <b>ALT: Latin Chicken</b></p>	<p><b>Sloppy Joe</b> <b>Delivered Thurs 8/15</b></p>	<p><b>Pineapple Chicken</b> <b>Delivered Thurs 8/15</b></p>
<b>19</b>	<b>20</b>	<b>COLD – 21 - COLD</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>BBQ Pork sandwich</b> Whole Wheat Bun Sweet Corn Warm diced Peaches <b>ALT: BBQ Chicken</b></p>	<p><b>Lemon Garlic Tilapia</b> Brown Rice Pilaf Peas &amp; Carrots, Fresh Fruit, Tartar Sauce <b>ALT: Lemon Chicken</b></p>	<p><b>Chicken Caesar salad</b> Garlic Bread Fruit Cup Yellow Cake w/icing</p>	<p><b>Chili Mac Casserole</b> Baked Apples Green Beans Frosted Sugar Cookie</p>	<p><b>Pineapple Chicken</b> Brown Rice Steamed Broccoli White Choc. Chip cookie</p>	<p><b>Salisbury Steak</b> <b>Delivered Thurs 8/22</b></p>	<p><b>Turkey Tetrazzini</b> <b>Delivered Thurs 8/22</b></p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>COLD – 29 - COLD</b>	<b>30</b>	<b>31</b>	<b>Sept 1</b>
<p><b>Honey Baked Ham</b> Mashed Potatoes, Brussel Sprouts, Dinner Roll, Diced Peaches  <b>ALT: Baked Chicken</b></p>	<p><b>Cuban Beef</b> Black beans &amp; Rice Diced Carrots M&amp;M Cookie</p>	<p><b>Turkey Taco Bowl</b> Spanish Rice Corn &amp; Bean Salsa Coffee Cake</p>	<p><b>Summer Chicken Pasta Salad</b> Tropical Fruit Cup Garlic Toast</p>	<p><b>Baked Fish w/dill sauce</b> Brown Rice Pilaf Assorted Vegetables Toffee Cookie <b>ALT: Baked Chicken</b></p>	<p><b>Vegetarian Lasagna</b>  <b>Delivered Thurs 8/29</b></p>	<p><b>Greek Chicken</b>  <b>Delivered Thurs 8/29</b></p>

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

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