

Meals on Wheels MAY 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Call 651-3123 to Order ALT Meal in yellow OR Weekend & Choice Meals in Light purple			ALL Meals are served with your Choice of 1% Milk OR a variety of Juices	1	2	3
				Beef Pot Roast Peas & Carrots Mashed Potatoes & Gravy Dinner Roll & butter Molasses Cookie	Beef Pot Roast Delivered Thurs 4/30	Turkey Tetrazzini Delivered Thurs 4/30
4	5	6	7	8	9	10
Beef Quesadilla Spanish Rice Peppers & Onions Fruit Cocktail	Beef Lasagna Broccoli & baby carrots Dinner Roll w/butter Blueberry Muffin	Tuna Melt on toast w/Cheddar Cheese Peas & Carrots Sugar Cookie ALT: Chicken Melt	Cheesy Ham & Broccoli Casserole Scandinavian veggies, Applesauce ALT:Chicken casserole	Roast Turkey w/gravy, Green Beans, Stuffing Mixed Fruit M & M Cookie	Chef Choice Beef Delivered Thurs 5/7	Chef Choice Poultry Delivered Thurs 5/7
11	12	13	14	15	16	17
Cuban Beef Black Beans & Rice, Veggies, Plums Bread Pudding	Parmesan Crusted Fish , Brown Rice, California Veggies, Baby Carrots, Snickerdoodle cookie ALT: Parm. Chicken	SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Coffee Cake Fruit Cocktail	Greek Lemon Chicken Roasted potatoes Diced Carrots Dinner Roll w/butter Mandarin Oranges	Spaghetti w/meat sauce Steamed Broccoli Dinner Roll & Butter Peach Crumble	Chef Choice Beef Delivered Thurs 5/14	Chef Choice Poultry Delivered Thurs 5/14
18	19	20	21	22	23	24
Beef Sloppy Joe Wheat Bun Mashed potatoes Diced Carrots Fresh Fruit	Turkey Tetrazzini Egg noodles Steamed Broccoli Diced Pears Spice Cookie	Jamaican Chicken Mashed Sweet Potato, Brussel Sprouts, Dinner Roll Fruit Cocktail	Chicken Stir Fry Brown Rice Asian Veggie blend Warm Sliced apples Choc. Sea Salt Cookie	Beef Tips in Gravy Over Egg Noodles Peas & Carrots Fresh Fruit Mix	Chef Choice Beef Delivered Thurs 5/21	Chef Choice Poultry Delivered Thurs 5/21
CLOSED 25	26	27	28	29	30	31
Salisbury Steak Frozen meal delivered on Friday May 22.	Beef Pot Roast Peas & Carrots Mashed Potatoes & Gravy Dinner Roll & butter Molasses Cookie	BBQ Chicken Drumsticks Roasted Sweet potatoes, Collard Greens, Dinner roll Fruit cocktail	Rosemary Chicken Roasted Potatoes Sweet Peas Warm Peaches Dinner Roll & Butter	Baked Pasta w/Pork sausage marinara Italian veggies, Mandarin Oranges, Sugar Cookie ALT:Turkey Sausage	Chef Choice Beef Delivered Thurs 5/28	Chef Choice Poultry Delivered Thurs 5/28

MAY CHOICE MEALS Call 651-653-3123

1. Beef 2. Poultry 3. Pork 4. Vegetarian/Fish