

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

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY COLD 4 COLD	FRIDAY 5	SAT 6	SUN 7
<b>Salisbury steak</b> beef patty w/mushroom gravy over egg noodles Diced carrots Applesauce, Oatmeal butterscotch cookie	<b>Herb roasted pork</b> w/gravy, mashed sweet potatoes, lima beans, Dinner roll, Oatmeal choc. chip cookie <b>ALT: roasted chicken</b>	<b>Chili Mac casserole</b> Ground beef & wheat noodles in tomato sauce, Green beans, baked apples Cranberry date muffin	<b>Chicken Caesar Salad</b> Romaine lettuce w/tomatoes, parmesan cheese & chicken breast Dinner roll & Fruit Cup	<b>Breakfast Hash</b> Cheesy egg scramble over roasted potatoes Turkey sausage links Warm diced pears English muffin	<b>Chef Choice Beef Delivered Thurs 6/4</b>	<b>Chef Choice Poultry Delivered Thurs 6/4</b>
8	9	10	11	12	13	14
<b>Tuna Melt on toast</b> w/Cheddar Cheese Peas & Carrots Sugar Cookie <b>ALT: Chicken Melt</b>	<b>Cheesy Ham &amp; Broccoli Casserole</b> Scandinavian veggies, Applesauce <b>ALT: Chicken casserole</b>	<b>Roast Turkey</b> w/gravy, Green Beans, Stuffing Mixed Fruit M & M Cookie	<b>Hamburger</b> Ground beef patty w/lettuce & tomato Wheat bun & Baked beans, Watermelon	<b>Beef Lasagna</b> Broccoli & baby carrots Dinner Roll w/butter Fresh fruit cup	<b>Chef Choice Beef Delivered Thurs 6/11</b>	<b>Chef Choice Poultry Delivered Thurs 6/11</b>
15	16	17	18	19	20	21
<b>Parmesan Crusted Fish</b> , Brown Rice, California Veggies, Baby Carrots, Snickerdoodle cookie <b>ALT: Parm. Chicken</b>	<b>SW Turkey Bowl</b> Spanish Rice Corn & Bean Salsa Vegetable Blend Fruit Cocktail	<b>Greek Lemon Chicken</b> Roasted potatoes Diced Carrots Dinner Roll w/butter Mandarin Oranges	<b>Spaghetti w/meat sauce</b> Steamed Broccoli Warm peach crumble Dinner Roll & Butter	<b>Cuban Beef</b> Black Beans & Rice, Veggies, Plums Bread Pudding	<b>Chef Choice Beef Delivered Thurs 6/18</b>	<b>Chef Choice Poultry Delivered Thurs 6/18</b>
22	23	24	25	26	27	28
<b>Turkey Tetrazzini</b> cream sauce w/egg noodles, Steamed Broccoli, Diced Pears Spice Cookie	<b>Jamaican Chicken</b> Mashed Sweet Potato, Brussel Sprouts, Dinner Roll Fruit Cocktail	<b>Chicken Stir Fry</b> Brown Rice Asian Veggie blend Warm Sliced apples Choc. Sea Salt Cookie	<b>Beef Tips in Gravy</b> Over Egg Noodles Peas & Carrots Fresh Fruit Mix	<b>Beef Sloppy Joe</b> Wheat Bun Mashed potatoes Diced Carrots Fresh Fruit	<b>Chef Choice Beef Delivered Thurs 6/25</b>	<b>Chef Choice Poultry Delivered Thurs 6/25</b>
29	30	<b>Call 651-3123 to Order                      ALT Meal in yellow OR                      Weekend &amp; Choice Meals in                      Light Green</b>		<b>CLOSED July 3</b>	July	July
<b>Beef Pot Roast</b> Beef & Gravy w/mashed potatoes Peas & Carrots Dinner Roll & butter Molasses Cookie	<b>BBQ Chicken Drumstick(s)</b> Roasted Sweet potatoes, Collard Greens, Dinner roll Fruit cocktail			We will be <b>CLOSED</b> and meal delivered Thursday July 2 <sup>nd</sup> . <b>NOTE:</b> Weekend meals delivered Wednesday	<b>Chef Choice Beef Delivered WED July 1st</b>	<b>Chef Choice Poultry Delivered WED July 1st</b>

### JUNE CHOICE MEALS Call 651-653-3123

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

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