

Meals on Wheels JULY 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 Green		1	2	CLOSED 3	4	5
		Rosemary Chicken Chicken breast, roasted potatoes, sweet peas, Warm peaches Dinner roll & butter	Baked Pork Pasta tomato sauce, veggies blend, spinach, mandarin oranges & sugar cookie ALT: Veggie baked pasta	Chicken Enchilada Bake Delivered Frozen on Thursday July 2 nd Must call to cancel this delivery	Chef Choice Beef Delivered Wed 7/1	Chef Choice Poultry Delivered Wed 7/1
6	7	COLD 8 COLD	9	10	11	12
Chili Mac Casserole ground beef & wheat noodles in tomato sauce, Green beans Baked Apples Cranberry date muffin	Salisbury steak beef patty w/mushroom gravy over egg noodles Diced carrots Applesauce, Oatmeal butterscotch cookie	Chicken Caesar Salad Romaine lettuce w/tomatoes, parmesan cheese & chicken breast Dinner roll & Fruit Cup	Breakfast Hash Cheesy scrambled eggs roasted potatoes Turkey sausage, diced pears, English muffin	Herb roasted pork w/gravy, mashed sweet potatoes, lima beans, Dinner roll, Oatmeal choc cookie ALT: roasted chicken	Chef Choice Beef Delivered Thurs 7/9	Chef Choice Poultry Delivered Thurs 7/9
13	14	15	16	17	18	19
Roast Turkey w/gravy, Green Beans, Stuffing Mixed Fruit M & M Cookie	Hamburger Ground beef patty w/lettuce & tomato Wheat bun & Baked beans, Watermelon	Beef Lasagna Broccoli & baby carrots Dinner Roll w/butter Fresh fruit cup	Tuna Melt on toast w/Cheddar Cheese Peas & Carrots Sugar Cookie ALT: Chicken Melt	Cheesy Ham & Broccoli Casserole Scandinavian veggies Applesauce ALT: Chicken casserole	Chef Choice Beef Delivered Thurs 7/16	Chef Choice Poultry Delivered Thurs 7/16
20	21	22	23	24	25	26
SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Fruit Cocktail	Greek Lemon Chicken, Roasted potatoes, Diced Carrots Dinner Roll w/butter Mandarin Oranges	Spaghetti w/meat sauce Steamed Broccoli Warm peach crumble Dinner Roll & Butter	Cuban Beef Black Beans & Rice, Veggies, Plums Bread Pudding	Parmesan Crusted Fish, Brown Rice, California Veggies, Baby Carrots, Snickerdoodle cookie ALT: Parm. Chicken	Chef Choice Beef Delivered Thurs 7/23	Chef Choice Poultry Delivered Thurs 7/23
27	28	29	30	31	August 1	August 2
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 butterscotch cookie	Beef Sloppy Joe Wheat Bun Mashed potatoes Diced Carrots Fresh Fruit	Turkey Tetrazzini Veggies in cream sauce w/egg noodles, Steamed Broccoli, Diced Pears, Spice Cookie	Chef Choice Beef Delivered Thurs 7/30	Chef Choice Poultry Delivered Thurs 7/30

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**