

Meals on Wheels August 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			ALL Meals are served with your Choice of 1% Milk OR a variety of Juices		1	2
					Beef Lasagna Delivered Thurs 7/30	Roast Turkey Delivered Thurs 7/30
3	4	5	6	7	8	9
Baked Pork Pasta tomato sauce, veggies, spinach, mandarin oranges, sugar cookie ALT: Veggie pasta	Chicken Enchilada Bake Chicken, tortilla, veggies w/cheese & sauce, Corn & peppers Veggie blend & cookie	Beef Pot Roast Mashed potatoes & gravy, Peas & carrots, Dinner roll Molasses cookie	BBQ Chicken Drumsticks Sweet Potatoes, Collard Greens, Dinner roll, Fruit Cocktail	Rosemary Chicken Chicken breast, roasted potatoes, sweet peas, Warm peaches & Dinner roll	Sloppy Joe Delivered Thurs 8/6	Parm. Chicken Delivered Thurs 8/6
10	11	COLD 12 COLD	13	14	15	16
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	Chicken Caesar Salad Romaine lettuce w/tomatoes, parmesan cheese & chicken breast Dinner roll & Fruit Cup	Chili Mac casserole Ground beef, noodles in tomato sauce Green beans, baked apples & muffin	Salisbury steak beef patty, mushroom gravy w/egg noodles Diced carrots Applesauce, Oatmeal butterscotch cookie	Beef Pot Roast Delivered Thurs 8/13	BBQ Chicken Delivered Thurs 8/13
17	18	19	20	21	22	23
Beef Lasagna Broccoli & baby carrots Dinner Roll w/butter Fresh fruit cup	Tuna Melt w/Cheddar Cheese, Peas & Carrots, Wheat bread Sugar Cookie ALT: Chicken Melt	Cheesy Ham & Broccoli Casserole Scandinavian veggies Applesauce, Muffin ALT: Chicken casserole	Roast Turkey w/gravy, Green Beans, Stuffing Mixed Fruit M & M Cookie	Hamburger Ground beef patty w/lettuce & tomato Wheat bun & Baked beans, Watermelon	Salisbury Steak Delivered Thurs 8/20	Roasted Chicken Delivered Thurs 8/20
24	25	NEW 26 NEW	27	28	29	30
Spaghetti w/meat sauce Steamed Broccoli Warm peach crumble Dinner Roll & Butter	Parmesan Crusted Fish, Brown Rice, California Veggies, Baby Carrots, cookie ALT: Parm. Chicken	Beef Stew w/onions, potatoes, peas & carrots in beef gravy, Pineapple, Dinner roll & Bread pudding	SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Fruit Cocktail	Greek Lemon Chicken, Roasted potatoes, Diced Carrots, Dinner Roll Mandarin Oranges	Chili Mac Casserole Delivered Thurs 8/27	Roast Turkey Delivered Thurs 8/27
31	AUGUST CHOICE MEALS Call 651-653-3123 1. Beef 2. Poultry 3. Pork 4. Fish 5. Breakfast				Sept 5	Sept 6
Chicken Fajita Chicken over Spanish rice, flour tortilla, salsa packet & baked pears					Beef Stew Delivered Thurs 9/3	Chicken Casserole Delivered Thurs 9/3