


Meals on Wheels JUNE 2021 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
7	1	2	3	4	5	6
	Sweet & Sour Chicken w/pineapple & peppers Asian veggies Brown rice Chocolate sea salt cookie	Ground Beef & Noodle casserole Egg noodles Broccoli & baby carrots Diced pears	Chicken enchilada Bake Chicken, tortillas, veggies w/cheese & sauce, corn & peppers Veggies & Cookie	Beef Sloppy Joe Mashed potatoes Diced carrots Fresh Fruit	Beef Pot Roast Delivered Thurs 6/3	Turkey Tetrazzini Delivered Thurs 6/3
8	9	10	11	12	13	14
Rosemary Chicken Breast w/roasted potatoes, sliced beets Warm peaches Dinner roll & butter	Cheesy Ham & Broccoli Casserole Scandinavian Veggies Zucchini Muffin ALT: Chicken & Broccoli Casserole	Beef Pot Roast Beef & gravy w/mashed potatoes, peas & carrots Dinner roll Molasses Cookie	Hungarian Chicken Grilled chicken w/mushrooms, onions, tomato & spices over barley, Brussel sprouts Fruit cocktail	Chili Mac Casserole Ground beef & noodles in tomato sauce, Green beans Baked apples M&M cookie	Spaghetti w/meat sauce Delivered Thurs 6/10	Roast Turkey Dinner Delivered Thurs 6/10
15	16	17	18	19	20	21
Herb Roasted Pork w/gravy, mashed sweet potatoes, Green beans, Dinner roll, Date & Fig cookie ALT: Herb Chicken	Baked Mahi Mahi Fish pieces in creamy spinach sauce over egg noodles, Veggies, Choc. Pudding ALT: Baked Chicken	Breakfast Hash Cheesy egg scramble over roasted potatoes Turkey sausage links Warm pears English Muffin	Greek Chicken Pasta w/artichoke hearts, & sundried tomato Sweet peas, Applesauce & oatmeal butterscotch cookie	Beef Meatloaf Mashed potatoes California veggies Dinner roll Fruit cocktail	Beef Sloppy Joe Delivered Thurs 6/17	Orange Chicken Delivered Thurs 6/17
22	23	24	25	26	27	28
Roast Turkey (breast) w/gravy, stuffing, Green beans, Diced peaches, Pumpkin spice muffin	Spaghetti w/meat sauce Steamed Broccoli Peach cobbler cookie	Beef Chili , Ground beef & beans in tomato sauce, Sliced carrots, Applesauce Corn muffin	Tuna Melt Tuna salad topped w/cheddar cheese, veggies, Bread, Sugar Cookie ALT: Chicken Melt	Baked Ham , Scalloped potatoes, Brussel sprouts, Dinner roll Fresh Fruit cup ALT: Baked Chicken	Herb Roasted Pork Delivered Thurs 6/24	Greek Chicken Pasta Delivered Thurs 6/24
29	NEW 30	31	<p>Call 651-653-3123 to Order ALT Meal in yellow OR Weekend Meals. ALL Meals are served with Choice of 1% Milk OR Juice variety</p>			
Parmesan Crusted Fish , Brown Rice, California Veggies Snickerdoodle cookie ALT: Parm. Chicken	Hamburger Lettuce, tomato Baked beans Watermelon Whole wheat bun Ketchup & Mustard	Turkey Tetrazzini Turkey & Egg noodles in a cream sauce, broccoli, Baked apples Spice cookie				

JUNE CHOICE MEALS Call 651-653-3123

1. Roast Turkey Dinner 2. Beef Sloppy Joe 3. Breakfast Sandwich 4. Vegetable Sweet & Sour