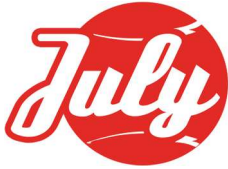
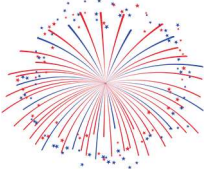


# Meals on Wheels – July Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
				1 COLD	2	3
	<b>Call 651-653-3123 or email to order</b> <b>ALT Meal in yellow OR Weekend Meals. ALL Meals are served with choice of 1% Milk OR Juice variety</b>			<b>Chicken Salad Sandwich</b> w/ lettuce & tomato on whole wheat bread, fruit cocktail	<b>Turkey Burger</b>  Delivered Thurs 6/30	<b>Rosemary Chicken</b>  Delivered Thurs 6/30
<b>4 CLOSED!</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Baked Ham</b> Mustard- apple glaze, broccoli, mashed potatoes, roll <b>Alt: Baked Chicken</b> Delivered 7/1	<b>Chicken and Dumplings</b> carrots and potatoes, Brussel sprouts, cinnamon coffee cake muffin	<b>Beef Pot Roast</b> mashed potatoes & gravy, peas & carrots, dinner roll, cookie	<b>Garlic Salmon</b> wild rice pilaf, peppers & onions, peas, fruit cup <b>ALT: Garlic Chicken</b>	<b>Pasta in Meat Sauce</b> steamed broccoli, warm peaches, cookie	<b>Garlic Parmesan Pork Loin</b>  Delivered Thurs 7/7	<b>Sweet &amp; Sour Chicken</b>  Delivered Thurs 7/7
<b>11</b>	<b>12</b>	<b>13</b>	<b>14 COLD</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Pork Stir Fry</b> brown rice, sliced apples, cookie <b>ALT: Chicken Stir Fry</b>	<b>Honey Garlic Chicken</b> brown rice, corn, pineapple	<b>Tuna Casserole</b> egg noodles, green beans, cookie <b>ALT: Chicken Casserole</b>	<b>Turkey &amp; Cheese Sandwich</b> w/ lettuce & tomato, whole wheat bread, coleslaw, fruit cocktail, cookie	<b>Beef Lasagna</b> broccoli, cookie	<b>Beef Pot Roast</b>  Delivered Thurs 7/14	<b>Chicken Mushroom &amp; Swiss</b> Delivered Thurs 7/14
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Chicken &amp; Gravy</b> cous cous pasta, vegetable medley, warm diced peaches, cookie	<b>Beef Meatloaf</b> mashed potatoes, diced carrots, fruit cocktail, dinner roll & butter	<b>Parmesan Crusted Chicken</b> brown rice pilaf, California vegetables, cookie	<b>BBQ Beef Sandwich</b> multigrain bun, peas and carrots, pineapple	<b>Sweet &amp; Sour Chicken</b> brown rice, green beans, watermelon, double chocolate chip muffin	<b>Pasta with Meat Sauce</b>  Delivered Thurs 7/21	<b>Chicken Enchilada Bake</b> Delivered Thurs 7/21
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29 COLD</b>	<b>30</b>	<b>31</b>
<b>Southwest Chicken Bowl</b> Spanish rice, corn & black bean salsa, vegetable blend, cookie	<b>Garlic Parmesan Pork Loin</b> mashed sweet potato, green beans, warm diced peaches, roll <b>ALT: Garlic Parmesan Chicken</b>	<b>Beef Sloppy Joe</b> wheat bun, mashed potatoes, diced carrots, peaches	<b>Mustard Herb Fish</b> grits, vegetable medley, cookie <b>ALT: Mustard Herb Chicken</b>	<b>Strawberry Spinach Salad w/ Chicken</b> Dinner roll Blueberry muffin	<b>Meatloaf</b>  Delivered Thurs 7/28	<b>Beef Lasagna</b>  Delivered Thurs 7/28

Contact Doug: 651-653-3121 or [MealsOnWheels@isd624.org](mailto:MealsOnWheels@isd624.org) JULY CHOICE MEALS:

1. Chicken w/ Swiss & Mushrooms 2. Beef Lasagna 3. Peanut Butter Blueberry Oatmeal 4. Mustard Herb Roasted Fish