


Meals on Wheels – August Menu 2022

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

Contact Doug: 651-653-3123 or MealsOnWheels@isd624.org AUGUST CHOICE MEALS:

1. Turkey Burger 2. Meatloaf 3. Breakfast Sandwich 4. Ginger Soy Fish