



MOUNDS VIEW MEALS ON WHEELS

JULY 2024 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>CHICKEN WILD RICE SOUP</u></p> <p>Green Beans Fruit Cup Dessert</p>	<p>2</p> <p><u>BEEF LASAGNA</u></p> <p>Peas Fruit Cup</p>	<p>3</p> <p><u>BAKED HAM W/ MUSTARD APPLE GLAZE</u></p> <p>Mashed Potatoes Green Beans Dinner Roll & Butter Fruit Cup Alt: Baked Chicken w/ Mustard Apple Glaze</p>	<p>4</p> <p><u>INDEPENDENCE DAY</u></p> <p>NO MEAL DELIVERY TODAY</p> <p>FROZEN WEEKLY MEALS WILL BE DELIVERED WEDNESDAY</p>	<p>5</p> <p><u>GARLIC SALMON BOWL</u></p> <p>Brown Rice Edamame Fruit Cup Dessert Alt: Garlic Chicken Bowl</p>
<p>8</p> <p><u>VEGETABLE EGG BAKE</u></p> <p>Roasted Potato Hash Warm Cinnamon Apples Dessert</p>	<p>9</p> <p><u>SALISBURY STEAK</u></p> <p>Whole Wheat Egg Noodles Mushroom Gravy Peas & Carrots Fruit Cup</p>	<p>10</p> <p><u>COCONUT CURRY FISH</u></p> <p>White Rice Peas Dessert Alt: Coconut Curry Chicken</p>	<p>11</p> <p><u>BEEF SLOPPY JOE</u></p> <p>Whole Wheat Hamburger Bun Roasted Potato Hash Green Beans Fruit Cup</p>	<p>12</p> <p><u>TATER TOT HOTDISH</u></p> <p>Shredded Cheddar Cheese Vegetable Medley Dessert</p>
<p>15</p> <p><u>BEEF PICADILLO</u></p> <p>Spanish Rice 5-Way Vegetable Medley Dessert</p>	<p>16</p> <p><u>TURKEY TETRAZZINI</u></p> <p>Whole Wheat Egg Noodles Carrots Fruit Cup Dessert</p>	<p>17</p> <p><u>CHICKEN CAESAR SALAD</u> *COLD*</p> <p>Dinner Roll & Butter Fruit Cup Dessert</p>	<p>18</p> <p><u>CHEESEBURGER</u></p> <p>Whole Wheat Bun Cheddar Cheese Vegetarian Baked Beans Fruit Cup</p>	<p>19</p> <p><u>GINGER SOY FISH</u></p> <p>Brown Rice Asian Vegetable Blend Fruit Cup Dessert Alt: Ginger Soy Chicken</p>
<p>22</p> <p><u>POT ROAST w/ GRAVY</u></p> <p>Mashed Potatoes Vegetable Medley Dinner Roll w/ Butter Fruit Cup</p>	<p>23</p> <p><u>GINGER HONEY GLAZED PORK</u></p> <p>Brown Rice Broccoli Fruit Cup Dessert Alt: Ginger Honey Glazed Chicken</p>	<p>24</p> <p><u>PARMESAN CRUSTED FISH</u></p> <p>Cranberry Wild Rice Pilaf Scandinavian Vegetable Blend Dessert Alt: Parmesan Chicken</p>	<p>25</p> <p><u>SPINACH, STRAWBERRY, & CHICKEN SALAD *COLD*</u></p> <p>Fruit Cup Dessert</p>	<p>26</p> <p><u>THREE CHEESE PASTA w/ TURKEY</u></p> <p>Whole Wheat Penne 5-Way Vegetable Medley Fruit Cup</p>
<p>29</p> <p><u>MACARONI & CHEESE</u></p> <p>Peas Dessert</p>	<p>30</p> <p><u>SPAGHETTI W/ MEAT SAUCE</u></p> <p>5-Way Vegetable Medley Fruit Cup</p>	<p>31</p> <p><u>CHEF SALAD *COLD*</u></p> <p>Dinner Roll & Butter Fruit Cup Dessert</p>	<p>REMINDER: YOU MUST CALL AT LEAST 2 BUSINESS DAYS PRIOR TO CANCELING A MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL.</p>	<p>Beverage choice of 1% Milk or Juice is served with every meal.</p>

We do our best to accommodate choices, however meal substitutions may be necessary based on availability.

To contact Meals on Wheels call 651-621-7950.

Call to order ALT or CHOICE meals in place of daily menu entree. Monthly CHOICE meals are:

- 1) Beef Meatloaf
- 2) Spaghetti w/Meat Sauce
- 3) Tater Tot Hotdish
- 4) Ginger Soy Fish