



MOUNDS VIEW MEALS ON WHEELS

AUGUST 2026 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Fish Taco Bowl</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Dessert <i>Alt: Chicken Taco Bowl</i>	4 <u>BBQ Chicken</u> Brown Rice Bell Peppers and Onions Corn Dessert	5 <u>Pesto Chicken Pasta</u> Whole Wheat Pasta Broccoli Fruit Cup	6 <u>Mediterranean Veggie Pasta Salad</u> *COLD* Fruit Cup Dessert	7 <u>Beef Lasagna</u> Carrots, Corn, Peas, and Green Beans Apple Slices
10 <u>Tuna Noodle Casserole</u> Zucchini, Green Beans, and Carrots Dessert <i>Alt: Chicken Noodle Casserole</i>	11 <u>Barley Pilaf w/ Ham and Vegetables</u> Barley, Brown Rice, Pesto, Peas, Asparagus, and Spinach Carrot Coins Fresh Pear & Dessert <i>Alt: Barley Pilaf w/ Turkey and Vegetables</i>	12 <u>Sloppy Joe</u> Whole Wheat Hamburger Bun Roasted Potato Hash Green Beans Fruit Cup	13 <u>Asian Chopped Chicken Salad</u> *COLD* Rice, Edamame, Carrots, Red Bell Pepper, Crispy Chow Mein Noodles Fruit Cup	14 <u>Tater Tot Breakfast Bowl</u> Tater Tots, Scrambled Eggs, Sauteed Veggies Dessert
17 <u>Roast Turkey Dinner</u> Whole Wheat Bread Stuffing Gravy Glazed Carrots Apple Slices	18 <u>Fish with Romesco</u> Buttered Whole Wheat Pasta Peas Fruit Cup <i>Alt: Chicken w/ Romesco</i>	19 <u>Teriyaki Chicken</u> Brown Rice Sauteed Green Beans Fruit Cup & Dessert	20 <u>Curry Chicken Salad</u> *COLD* Spring Mix Three Bean Salad Whole Wheat Pita Dessert	21 <u>Meatloaf</u> Dairy Free Mashed Potatoes Zucchini, Squash, Green Beans, Bell Peppers, Tomatoes, Onion, Spinach Dessert
24 <u>Pasta with Meat Sauce</u> Whole Wheat Pasta 5-Way Vegetable Blend Fruit Cup	25 <u>Herb Baked Fish</u> Mediterranean Barley Pilaf Roasted Sweet Potatoes Dessert <i>Alt: Herb Marinated Chicken</i>	26 <u>Mac and Cheese</u> Whole Wheat Elbows Cauliflower, Green Beans, Lima Beans, Zucchini, and Carrots Fruit Cup & Dessert	27 <u>Chicken Caesar Salad</u> *COLD* Dinner Roll Butter Dessert	28 <u>BBQ Pork Loin</u> Baked Beans Breakfast Potato Hash Banana <i>Alt: BBQ Chicken Breast</i>
31 <u>Garlic Parmesan Pork</u> Wild Rice Pilaf Corn Dessert <i>Alt: Garlic Parm Chicken</i>			BEVERAGE CHOICE OF 1% MILK OR FRUIT JUICE IS SERVED WITH EVERY MEAL	REMEMBER TO CALL US AT 651-621-7950 AT LEAST 2 BUSINESS DAYS IN ADVANCE TO CANCEL YOUR MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL

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