

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1	2	3
		Cheese Tortellini Marinara with Sweet Italian Sausage Mixed Beans with Lemon Glaze Oranges with Cream	Broccoli & Cheddar Quiche Sliced Carrots Three Bean Mix Pineapple Orange Combo	Salisbury Steak with Gravy Home Fried Potatoes with Paprika Spinach Baked Apple Slices with Cinnamon
6	7	8	9	10
Cranberry Sauce Chicken-n-Biscuit Mashed Potatoes Brussels Sprouts Peach Crisp with Cream	Baked Penne Pasta & Sweet Sausage Link with Asiago & Parmesan Cheeses California Mixed Vegetables Apple	Applesauce Roast Pork Loin  Mashed Potatoes Green Beans Birthday Cake with Lemon	Chicken Fingers with Teriyaki Glaze Vegetable Brown Rice Oriental Vegetables Mandarin Oranges	Pot Roast with Vegetable Gravy Seasoned Home Fries Chopped Broccoli Apricots
13	14	15	16	17
Roast Turkey with Gravy Mashed Potatoes Diced Carrots Pumpkin Custard	Potato & Leek Chowder with Chicken & Bacon Crackers Spring Vegetable Mix Pineapple Chunks	Meatloaf with Brown Sauce Mashed Potatoes Mixed Vegetables Apple Crisp with Topping	Roast Pork Cutlet with Sauce Mashed Sweet Potatoes Diced Beets Oatmeal Raisin Cookie	Pulled BBQ Chicken Vegetable Rice Pilaf Carrots Mandarin Oranges
20	21	22	23	24
Spaghetti & Meatballs with Sauce & Parmesan Broccoli Florets Father's Day Pumpkin Cake	Mac & Cheese with Ham Stewed Tomatoes Spinach Applesauce	Diced Turkey & Gravy Mashed Cauliflower Garden Peas Vanilla Fluff with Pineapple & Mandarin Oranges	BBQ Beef Steak Baked Beans Sliced Carrots Melon	Italian Chicken Breast with Duck Sauce Rice with Beans & Veggies Broccoli Florets Strawberry Shortcake with Cream
27	28	29	30	
Roast Beef Au Jus Cheddar Mashed Potatoes Green Beans with Pimentos Pumpkin Cookie with Raisins	Chicken a la King Wheat Rotini Noodles Mixed Vegetables Pineapple Tidbits	Warm Applesauce Roast Pork Mashed Cauliflower Winter Squash Chocolate Cake with Icing	Meatballs in Garlic, Parsley & Parmesan Sauce Mashed Potatoes Broccoli Florets Blueberry Crisp with Cream	

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.