

Meals on Wheels August 2017
Menu may have minor variations by delivery site.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Aug 1 Cheeseburger Chuck Wagon Corn Potato Wedges Ketchup Fresh Fruit	Aug 2 Romaine Chef Salad Ranch Dressing French Bread Cantaloupe Lemon Strudel Bites	Aug 3 Beef Goulash Green Peas Fresh Orange Chocolate Cake w/Frosting	Aug 4 Chicken Fajitas Tortilla Garlic Pinto Beans Salsa Sour Cream Grapes Rice Pudding
	Aug 7 Chicken Strips Mac & Cheese Mixed Veggies Chilled Pears Apple Cinnamon Cookie	Aug 8 Meatballs in Gravy Mashed Potatoes Multigrain Bread Peach Slices Cherry Streusel Bites	Aug 9 Turkey Cranberry Pasta Salad Fruit Cocktail 3 Bean Salad Blonde Brownie	Aug 10 Country Fried Steak w/Gravy Mashed Potatoes Italian Veggie Blend Pull Apart Roll Choc. Cupcake w/Frosting
Aug 14 Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Spice Cake w/Frosting	Aug 15 Chicken Alfredo Rotini Pasta Green Beans Tropical Fruit Oatmeal Cookie	Aug 16 Ham Steak Mashed Potatoes Scandinavian Veggies Dinner Roll Fresh Fruit ALT: Chicken Breast	Aug 17 BBQ Beef Riblet Whole Grain Roll Oven Fries Ketchup Coleslaw Fresh Fruit	Aug 18 Grilled Salmon Dill Cream Sauce Herbed Cous Cous Chuckwagon Corn Fresh Fruit Sugar Cookie ALT: Grilled Chicken
Aug 21 Turkey & Swiss Burger Whole Grain Bun Tater Tots Ketchup/Mustard Green Beans Fruited Gelatin	Aug 22 Chicken Stir Fry Jeweled Rice Veg Mini Egg Roll Mandarin Oranges Fortune Cookie	Aug 23 Stuffed Chicken Breast White Rice Bermuda Veggies Banana Nut Muffin Fresh Fruit	Aug 24 State Fair Meal Beef Hot Dog Coleslaw Potato Wedges Ketchup/Mustard Watermelon Cubes	Aug 25 Tuna Pasta Salad 3 Bean Salad Fruit Cocktail Strawberry Cream Strudel Bites ALT: Chicken Pasta
Aug 28 Crispy Breaded Cod on Bun Tartar Potato Salad Peas & Carrots Banana Bar ALT: Chicken Patty on Bun	Aug 29 Breakfast Platter Cheese Omelet Turkey Sausage Breakfast Potatoes Diced Peaches Juice Cup Blueberry Muffin	Aug 30 Pot Roast Mashed Potato Gravy Green Peas Angel Food Cake with Strawberries and Whipped Topping	Aug 31 Chicken & Cheese Enchiladas Spanish Rice Broccoli Churro Pineapple	Sept 1 Labor Day Bag Lunch Chicken Salad Croissant Caesar Pasta Salad Fruit Cup Banana Bar

**Beverage choice of 1% milk or juice is served with every meal. Call us to order weekend meals.
Meal choices below are available for special order anytime. Please call as soon as possible.**

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| 1. Roasted Quarter Chicken | 2. Folded Western Omelet |
| 3. Black Bean Burritos w/Ranchero Sauce | 4. Spaghetti & Meatballs |