

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 3	July 4	July 5	July 6	July 7
Seafood Pasta Penne Mixed Veggies Fruit Cocktail Chocolate Mousse ALT: Chicken Penne	BAG LUNCH Chicken Salad Kaiser Roll Fruit Cup Crunchy Cabbage Salad Cookie	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Steamed Carrots French Bread Toffee Cookie	Entrée Caesar Salad w/Herb Chicken Breast, Parmesan, Croutons Garlic Breadstick Fresh Fruit Iced Lemon Cake	Baked Pollock Tartar Scalloped Potatoes Steamed Broccoli Multigrain Bread Frosted Yellow Cake ALT: Sliced Roast Turkey
July 10	July 11	July 12	July 13	July 14
Chicken Strips Mac & Cheese Mixed Veggies Chilled Pears Apple Cinnamon Cookie	Roasted Pork Loin Smashed Potato Summer Squash Dinner Roll Strawberry Rhubarb Pie w/topping ALT: Sliced Turkey	Chicken Ala King Over Biscuits Mixed Salad French Dressing Cinnamon Sliced Apples Choc. Chip Cookie	Spaghetti & Meatballs Italian Veggies Mandarin Oranges Cheesecake Square	Lemon Pepper Tilapia w/Tartar Wild Rice Pilaf Mixed Veggies Fresh Fruit Tapioca Pudding ALT: Lemon Herb Chicken Breast
July 17	July 18	July 19	July 20	July 21
Breakfast Platter Turkey Sausage Colby Cheese Omelet Potatoes Chilled Peaches Muffin	Sweet & Sour Chicken Jeweled Brown Rice Oriental Veggies Mandarin Oranges Fortune Cookie	Cheeseburger Chuckwagon Corn Potato Wedges Fresh Fruit Brownie	Chicken Cheddar Pasta Salad Sliced Beets Wheat Bread Tropical Fruit Caramel Sea Salt Cookie	All Beef Hot Dog Bun Garden Pasta Salad Watermelon Potato Chips Raspberry Cream Muffin
July 24	July 25	July 26	July 27	July 28
Stuffed Chicken Breast White Rice Bermuda Veggies Banana Nut Muffin Fresh Fruit	Tuna Pasta Salad Marinated 3 Bean Salad Fruit Cocktail Strawberry Cream Strudel Bites ALT: Chicken Pasta Salad	Beef Pot Roast Mashed Potatoes Gravy Carrot Coins Carrot Cake w/Cream Cheese Frosting	BBQ Beef Riblet Whole Grain Roll Tater Tots Ketchup Coleslaw Fresh Fruit Pickles	Baked Penne w/Meat Sauce Steamed Broccoli Fresh Orange Vanilla Pudding
July 31				
Fish Nuggets Sweet Peas Oven Fries Fresh Fruit Dinner Roll ALT: Chicken Nuggets				

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. Chicken Parmesan | 2. Biscuits & Sausage Gravy |
| 3. Farmers Market Vegetable Frittata | 4. Flame Broiled Hamburger |