

Meals on Wheels of Ramsey County June 2017
Menu may have minor variations by delivery site.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			June 1	June 2
			BBQ Chicken Drumsticks Baked Beans Potato Salad Corn Bread Watermelon	Chicken Parmesan Garlic Mashed Potatoes Green Beans Chocolate Chip Cake w/Frosting
June 5	June 6	June 7	June 8	June 9
COLD MEAL Cheese Tortellini Salad w/Turkey Pepperoni Broccoli Salad Focaccia Bread Chilled Pears	Lemon Pepper Tilapia w/Tartar Wild Rice Pilaf Mixed Vegetables Fresh Fruit Tapioca Pudding ALT: Lemon Herb Chicken Breast	Breakfast Platter Turkey Sausage Colby Cheese Omelet Breakfast Potatoes Chilled Peaches Muffin Juice	Sweet & Sour Chicken Jeweled Brown Rice Oriental Veggies Mandarin Oranges Fortune Cookie	COLD MEAL Chicken Cheddar Pasta Salad Pickled Beets Tropical Fruit Caramel Sea Salt Cookie
June 12	June 13	June 14	June 15	June 16
Stuffed Chicken Breast White Rice Bermuda Veggies Banana Nut Muffin	COLD MEAL Tuna Pasta Salad Marinated Three Bean Salad Fruit Cocktail Strawberry Cream Strudel Bites ALT: Chicken Pasta Salad	Beef Lasagna Italian Green Beans Lettuce Salad Breadstick Orange Gelatin	Steak Burger w/Cheddar Cheese on Bun Chuckwagon Corn Potato Wedges Chocolate Cake w/Frosting	Turkey Meatloaf w/Cranberry Glaze Mashed Sweet Potatoes Peas & Carrots Chocolate Tart w/Topping
June 19	June 20	June 21	June 22	June 23
BBQ Beef Riblet Pickle Chips Whole Grain Roll Oven Fries Lima Beans Fresh Fruit	Baked Penne w/Meat Sauce Steamed Broccoli Garlic Breadstick Lettuce Salad Butterscotch Pudding	Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Spice Cake w/Frosting	COLD MEAL Turkey Cranberry Pasta Salad Three Bean Salad Fruit Cocktail Vanilla Pudding	Country Fried Steak w/Gravy Mashed Potatoes Italian Veggies Pull Apart Roll Choc. Cupcake w/Frosting
June 26	June 27	June 28	June 29	June 30
Meatballs in Gravy Mashed Potatoes Green Peas Multigrain Bread Cherry Streusel Bites	Chicken Alfredo over Rotini Pasta Green Beans Tropical Fruit Oatmeal Cookie	Beef Pot Roast Mashed Potatoes Gravy Carrot Coins Carrot Cake w/Frosting	Ham Steak w/Honey Mustard Smashed Potatoes Scandinavian Veggies Dinner Roll Fresh Fruit ALT: Chicken Breast	Chicken Stir Fry Jeweled Rice Veggie Mini Egg Roll Mandarin Oranges Sugar Cookie

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 Strips w/ Mac & Cheese | 2. Folded Western Omelet |
| 3. Black Bean Burritos w/Ranchero Sauce | 4. Spaghetti & Meatballs |