

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1	May 2	May 3	May 4	May 5
Stuffed Chicken Breast White Rice Bermuda Blend Veggies Banana Nut Muffin	Cheese Burger Chuckwagon Corn Potato Wedges Ketchup Fresh Fruit Chocolate Chip Cookie	Beef Lasagna Italian Green Beans Fresh Fruit Salad Orange Gelatin	Tuna Pasta Salad Diced Pickled Beets Fruit Cocktail Strawberry Cream Strudel Bites	Chicken Fajitas Tortilla Garlic Pinto Beans Salsa Sour Cream Grapes Lime Jello
May 8	May 9	May 10	May 11	May 12
BBQ Beef Riblet Whole Grain Roll Oven Fries Ketchup Coleslaw Fresh Fruit Pickles	Baked Penne w/ Meat Sauce Steamed Broccoli Fresh Fruit Vanilla Pudding	Turkey Cranberry Pasta Salad Fruit Cocktail Three Bean Salad White Chocolate Chip Cookie	Roast Turkey & Gravy Mashed Potatoes Glazed Carrots Spice Cake w/ Frosting	Country Fried Steak w/ Gravy Baked Potato Sour Cream Italian Veg Blend Pull Apart Roll Chocolate Cupcake
May 15	May 16	May 17	May 18	May 19
Meatballs in Gravy Rice Veggie Blend Multigrain Bread Peach Slices Cherry Streusel Bites	Chicken Alfredo Rotini Pasta Green Beans Tropical Fruit Oatmeal Cookie	Ham Steak Mashed Potatoes Scandinavian Veggies Dinner Roll Fresh Fruit ALT: Chicken Breast	Chicken Stir Fry Jeweled Rice Vegetable Mini Egg Roll Mandarin Oranges Fortune Cookie	Grilled Salmon Pineapple Salsa Herbed Couscous Baby Corn Fresh Fruit Sugar Cookie ALT: Chicken Breast
May 22	May 23	May 24	May 25	May 26
Turkey & Swiss Burger Whole Grain Bun Tater Tots Ketchup Green Beans Fruited Gelatin	Quartered Roasted Chicken Buttered Corn Baby Red Potatoes Blueberry Pie	Pot Roast Mashed Potato Gravy Green Peas Cake	Entrée Chicken Caesar Salad Garlic Breadstick Fresh Fruit Apple Cinnamon Cookie Parmesan Cucumber Salad	Baked Pollock Tartar Scalloped Potatoes Steamed Broccoli Applesauce Cup Fr. Yellow Cake ALT: Sliced Roast Turkey
May 29	May 30	May 31		
Turkey & Swiss Sandwich Whole Grain Bun Broccoli Carrot Slaw Diced Peaches Sugar Cookie	Cheese Omelet Turkey Sausage Breakfast Potatoes Diced Peaches Juice Cup Blueberry Muffin	Chicken Strips Mac & Cheese Mixed Veggies Chilled Pears Iced Lemon Cake		

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.

1. Herb Roasted Chicken w/Apricot Chutney	2. Biscuits & Sausage Gravy
3. Seafood Fettuccini	4. Salisbury Steak w/ Onion Gravy