

MEALS ON WHEELS – JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SOUTHWEST RICE BOWL SPANISH RICE FAJITA CHICKEN BLACK BEANS BABY CARROTS RANCH DRESSING FRUIT CUP
4 CHEESEBURGER CHEDDAR CHEESE BAKED BEANS KETCHUP & MUSTARD WHOLE WHEAT BUN RICE CRISPY TREAT	5 BBQ PORK CHEESY CAULIFLOWER APPLE SLICES POTATO CHIPS DINNER ROLL PEACH CRUMBLE <i>ALT: BBQ CHICKEN</i>	6 FRENCH TOAST TURKEY SAUSAGE HASHBROWNS KETCHUP MAPLE SYRUP APPLE SAUCE	7 BEEF GOULASH MACARONI NOODLES CHEESY TOMATO SAUCE CARROTS IN HERB BUTTER MIXED FRUIT CHOC CHIP COOKIE	8 LEMON BAKED POLLOCK RICE PILAF TARTAR SAUCE PEAS & CARROTS DINNER ROLL LEMON CAKE <i>ALT: LEMON CHICKEN</i>
11 SWEDISH MEATBALLS MUSHROOM GRAVY EGG NOODLES SWEET PEAS DINNER ROLL & MARGARINE	12 ROASTED TURKEY MASHED POTATOES & GRAVY SUCCOTASH ZUCCHINI MUFFIN FRUIT CUP	13 RASPBERRY BALSAMIC CHICKEN ROASTED POTATOES GARLIC GREEN BEANS DINNER ROLL & MARG OATMEAL CRANBERRY COOKIE	14 TERIYAKI PORK BROWN RICE GINGER GLAZED BROCCOLI MANDARIN ORANGES SESAME CARROT SLAW FORTUNE COOKIE <i>ALT: TERIYAKI CHICKEN</i>	15 BEEF NACHOS CHEDDAR CHEESE ONIONS & PEPPERS BLACK BEANS SOUR CREAM PINEAPPLE
18 CHICKEN PARMESAN SPAGHETTI NOODLES MARINARA SAUCE GARLIC TOAST BALSAMIC GREEN BEANS MIXED FRUIT CUP	19 SLOPPY JOE WHOLE WHEAT BUN ROASTED POTATO CARROTS M&M COOKIE	20 CHICKEN & DUMPLINGS CHICKEN GRAVY VEGETABLE BLEND SLICED APPLES BUTTERSCOTCH BLONDIE	21 SAUSAGE & PEPPERS CHEESY POLENTA ITALIAN SAUSAGE & TOMATO SAUCE ROSEMARY BUTTERED ZUCCHINI SUGAR COOKIE <i>ALT: BEEF SAUSAGE</i>	22 CHEESY EGG BAKE ASPARAGUS & FETA FRUIT CUP DINNER ROLL & MARGARINE POACHED PEAR CRUMBLE
25 ENCHILADA BAKE FAJITA CHICKEN ENCHILADA SAUCE PEPPERS & ONIONS CREAMED CORN RICE PUDDING	26 DILL ROASTED POLLOCK ROASTED POTATOES & LIMA BEANS TARTAR SAUCE DINNER ROLL & MARG DICED PEARS <i>ALT: DILL CHICKEN</i>	27 SALISBURY STEAK MASHED POTATOES ONION GRAVY BUTTERED CARROTS DINNER ROLL & MARG FRESH FRUIT SALAD	28 SPAGHETTI & MEAT SAUCE MIXED VEGETABLES GARLIC TOAST FRUIT CUP BUTTERSCOTCH PUDDING	29 CHICKEN AND WILD RICE CREAMY SPINACH SAUCE SWEET PEAS MIXED VEGGIES ROMAINE SALAD CHOCOLATE CHIP COOKIE

You can reach Meals on Wheels at xxx-xxx-xxxx. Beverage choice of milk or juice is served with every meal. Call to order weekend meals. Monthly choice meals are:

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| 1) BEEF GOULASH | 3) CHICKEN PARMESAN |
| 2) BREAKFAST HASH | 4) ROASTED PORK LOIN |