



# MEALS ON WHEELS

## August 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b><u>ROAST TURKEY DINNER</u></b> Gravy Stuffing Green Beans Pumpkin Spice Muffin	<b><u>BEEF STROGANOFF</u></b> Egg Noodles Peas Pears	<b><u>CHICKEN AND DUMPLINGS</u></b> with Carrots and Potatoes Brussel Sprouts Cinnamon Coffee Cake Muffin	<b><u>BEEF POT ROAST</u></b> Peas and Carrots Mashed Potatoes and Gravy Dinner Roll with Butter Cookie	<b><u>GARLIC SALMON</u></b> Wild Rice Pilaf Peppers and Onions Peas Fresh Fruit Cup <b>Alt: Garlic Chicken</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b><u>PASTA IN MEAT SAUCE</u></b> Steamed Broccoli Warm Peaches Cookie	<b><u>PORK STIR FRY</u></b> Brown Rice Sliced Apples Cookie <b>Alt: Chicken Stir Fry</b>	<b><u>HONEY GARLIC CHICKEN</u></b> Brown Rice Pilaf Corn Pineapple	<b><u>TURKEY AND CHEESE SANDWICH</u></b> with Lettuce, Tomato, and Whole Wheat Bread Coleslaw Fruit Cocktail Cookie	<b><u>BEEF LASAGNA</u></b> Broccoli Cookie
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b><u>CHICKEN AND GRAVY</u></b> Cous Cous Pasta Vegetable Medley Warm Diced Peaches Cookie	<b><u>BEEF MEATLOAF</u></b> Mashed Potatoes Diced Carrots Roll with Butter Fruit Cocktail	<b><u>PARMESAN CRUSTED CHICKEN</u></b> Brown Rice Pilaf California Vegetables Cookie	<b><u>BBQ BEEF SANDWICH</u></b> Hamburger Bun Peas and Carrots Pineapple	<b><u>SWEET AND SOUR CHICKEN</u></b> Brown Rice Green Beans Watermelon Double Chocolate Chip Muffin
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b><u>SOUTHWEST CHICKEN BOWL</u></b> Spanish Rice Corn and Black Bean Salsa Vegetable Blend Cookie	<b><u>GARLIC PARMESAN PORK LOIN</u></b> Mashed Sweet Potatoes Green Beans Warm Diced Peaches Dinner Roll with Butter <b>Alt: Garlic Parmesan Chicken</b>	<b><u>BEEF SLOPPY JOE</u></b> Wheat Bun Mashed Potatoes Diced Carrots Peaches	<b><u>MUSTARD HERB ROASTED FISH</u></b> Grits Vegetable Medley Cookie <b>Alt: Mustard Herb Roasted Chicken</b>	<b><u>STRAWBERRY SPINACH SALAD WITH CHICKEN</u></b> Dinner Roll and Butter Blueberry Muffin
<b>29</b>	<b>30</b>	<b>31</b>		
<b><u>BAKED HAM</u></b> Mustard-Apple Glaze Broccoli Mashed Potatoes Dinner Roll and Butter <b>Alt: Baked Chicken</b>	<b><u>CHICKEN SALAD SANDWICH</u></b> with Lettuce, Tomato, and Whole Wheat Bread Fruit Cocktail	<b><u>BEEF CHILI</u></b> Sliced Carrots Corn Muffin Applesauce		

To contact Meals on Wheels, call 651-318-9091. 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) Turkey Burger | 3) Breakfast Sandwich |
| 2) Meatloaf      | 4) Ginger Soy Fish    |

\*For Roseville Area residents, see Roseville Meals on Wheels Menu at: [www.isd623.org/community/community-ed/seniors/meals-wheels](http://www.isd623.org/community/community-ed/seniors/meals-wheels)