



MEALS ON WHEELS

AUGUST 2018



		1 <u>SALISBURY STEAK</u> MASHED POTATOES ONION GRAVY BUTTERED CARROTS DINNER ROLL FRESH FRUIT	2 <u>SPAGHETTI IN MEAT SAUCE</u> MIXED VEGGIES GARLIC TOAST SUGAR COOKIE	3 <u>CHICKEN AND WILD RICE</u> CREAMY SPINACH SAUCE SWEET PEAS MIXED VEGGIES FRUIT CUP
6 <u>BREAKFAST SANDWICH</u> TURKEY SAUSAGE PATTY EGG WITH CHEDDAR BREAKFAST POTATOES ENGLISH MUFFIN APPLESAUCE	7 <u>GREEK CHICKEN PASTA</u> OLIVES, ARTICHOKE, AND SUN-DRIED TOMATO SAUCE ZUCCHINI CHOCOLATE CAKE TROPICAL FRUIT	8 <u>CHICKEN ALFREDO</u> CREAMY ALFREDO SAUCE BUTTERED SPRING VEGGIES CHOCOLATE MOUSSE FRESH GREEN SALAD	9 <u>RED WINE MUSHROOM PORK</u> MASHED POTATOES GLAZED CARROTS WHOLE WHEAT ROLL BROWNIE <i>ALT: RED WINE CHICKEN</i>	10 <u>SOUTHWEST RICE BOWL</u> FAJITA CHICKEN SPANISH RICE ROASTED CORN/ BEANS FRUIT CUP CARROTS W/ RANCH
13 <u>CHEESEBURGER</u> KETCHUP AND MUSTARD WHOLE WHEAT BUN TATOR TOTS RICE KRISPY TREAT	14 <u>BBQ PULLED PORK</u> CHEESY CAULIFLOWER PEACH CRUMBLE APPLE SLICES DINNER ROLL POTATO CHIPS <i>ALT: BBQ CHICKEN</i>	15 <u>FRENCH TOAST</u> TURKEY SAUSAGE HASHBROWNS W/ KETCHUP MAPLE SYRUP APPLESAUCE	16 <u>TOMATO BEEF CASSEROLE</u> MACARONI NOODLES CHEESY TOMATO SAUCE CARROTS MIXED FRUIT CHOC. CHIP COOKIE	17 <u>LEMON BAKED POLLOCK</u> RICE PILAF PEAS AND CARROTS TARTAR SAUCE DINNER ROLL LEMON CAKE <i>ALT: LEMON CHICKEN</i>
20 <u>SWEDISH MEATBALLS</u> MUSHROOM GRAVY EGG NOODLES SWEET PEAS DINNER ROLL BLUEBERRY PARFAIT	21 <u>ROASTED TURKEY</u> MASHED POTATOES & GRAVY SUCCOTASH ZUCCHINI MUFFIN FRESH FRUIT	22 <u>RASPBERRY BALSAMIC CHICKEN</u> ROASTED POTATOES GARLIC GREEN BEANS OATMEAL CRAN. COOKIE DINNER ROLL	23 <u>TERIYAKI PORK</u> BROWN RICE GINGER GLAZED BROCCOLI MANDARIN ORANGES FOURTYNE COOKIE <i>ALT: TERIYAKI CHICKEN</i>	24 <u>BEEF NACHOS</u> CHEDDAR CHEESE CORN/ BEAN SALSA CORN TORTILLA CHIPS SOUR CREAM PINEAPPLE BANANA PUDDING
27 <u>CHICKEN PARMESAN</u> SPAGHETTI NOODLES MARINARA SAUCE BALSAMIC GREEN BEANS GARLIC TOAST MIXED FRUIT CUP	28 <u>SLOPPY JOE</u> ROASTED POTATOES WHOLE WHEAT BUN CARROTS M&M COOKIE	29 <u>CHICKEN & DUMPLINGS</u> CHICKEN GRAVY VEGGIE BLEND APPLE SLICES BUTTERSCOTCH BLONDIE	30 <u>SAUSAGE AND PEPPERS</u> CHEESY POLENTA ITALIAN SAUSAGE ROSEMARY BUTTERED ZUCCHINI SUGAR COOKIE <i>ALT: BEEF SAUSAGE</i>	31 <u>BREAKFAST HASH</u> ROASTED POTATOES CHEESY EGGS POACHED PEARS DINNER ROLL

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:

- 1) SPAGHETTI BOLOGNESE
- 2) PARMESAN FISH
- 3) ROAST TURKEY BREAST
- 4) BREAKFAST HASH