



MEALS ON WHEELS

May 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p><u>BEEF POT ROAST</u></p> <p>Mashed potatoes and gravy Peas & carrots Dinner roll & butter Cookie</p>	<p><u>ROSEMARY CHICKEN</u></p> <p>Roasted Potatoes Sliced Beets Warm Diced Peas Dinner Roll & Butter</p>	<p><u>PASTA IN MEAT SAUCE</u></p> <p>Steamed Broccoli Warm Peaches Cookie</p>	<p><u>HONEY GARLIC CHICKEN</u></p> <p>Brown Rice Corn Pineapple</p>	<p><u>NEW: PORK STIR FRY</u></p> <p>Brown Rice Sliced Apples Cookie</p> <p>Alt: Chicken Stir Fry</p>
9	10	11	12	13
<p><u>BEEF LASAGNA</u></p> <p>Broccoli Cookie</p>	<p><u>TUNA CASSEROLE</u></p> <p>Egg Noodles Green Beans Cookie</p> <p>Alt: Chicken Casserole</p>	<p><u>CHICKEN AND GRAVY</u></p> <p>Cous Cous Pasta Vegetable Medley Warm Diced Peaches Cookie</p>	<p><u>NEW: TURKEY AND CHEESE SANDWICH</u></p> <p>With lettuce and tomato Coleslaw Whole Wheat Bread Cookie</p>	<p><u>BEEF MEATLOAF</u></p> <p>Mashed potatoes Diced Carrots Fruit cocktail Dinner roll & butter</p>
16	17	18	19	20
<p><u>PARMESAN CRUSTED CHICKEN</u></p> <p>Brown Rice Pilaf California Vegetables Cookie</p>	<p><u>BBQ BEEF SANDWICH</u></p> <p>Multigrain bun Peas and Carrots Pineapple</p>	<p><u>NEW: SWEET AND SOUR CHICKEN</u></p> <p>Brown Rice Green Beans Watermelon Muffin</p>	<p><u>GARLIC PARMESAN PORK LOIN</u></p> <p>Mashed Sweet Potato Green Beans Warm Diced Peaches Dinner Roll with butter</p> <p>Alt: Garlic Parmesan Chicken</p>	<p><u>SOUTHWEST CHICKEN BOWL</u></p> <p>Spanish Rice Corn and Black Bean Salsa Vegetable Blend Cookie</p>
23	24	25	26	27
<p><u>MUSTARD HERB FISH</u></p> <p>Grits Vegetable Medley Cookie</p> <p>Alt: Mustard Herb Chicken</p>	<p><u>BEEF SLOPPY JOE</u></p> <p>Mashed Potatoes Diced Carrots Peaches Wheat Bun</p>	<p><u>NEW: STRAWBERRY SPINACH SALAD WITH CHICKEN</u></p> <p>Dinner roll with butter Blueberry Muffin</p>	<p><u>ROAST TURKEY DINNER</u></p> <p>With gravy Stuffing Green beans Pumpkin spice bread</p>	<p><u>BEEF STROGANOFF</u></p> <p>Egg Noodles Peas Pears</p>
30	31			
<p><u>BEEF CHILI</u></p> <p>Ground beef and beans in a hearty tomato sauce sliced carrots applesauce Corn muffin</p>	<p><u>BAKED HAM</u></p> <p>Mustard Apple Glaze Broccoli and Mashed Potatoes Dinner roll and butter Lemon Bar</p> <p>Alt: Baked Chicken</p>			

To enroll in 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) Seared Chicken and Gravy | 3) Stuffed Peppers (Vegetarian) |
| 2) Meatloaf | 4) Mustard Herb Roasted Fish |