

Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Macaroni & Cheese Green Beans Sliced Carrots Orange	Pork Riblet with Au Jus Mashed Yams Spinach Applesauce	Baked Meatloaf Mashed Potatoes Mixed Vegetables Sugar Date Cookie	Cheese Tortellini with Meat Sauce Parmesan Cheese Broccoli Florets	Chicken Vegetable Stew with a Biscuit Brussels Sprouts Oatmeal, Craisin, Date
10	11	12	13	14
Salisbury Steak with Sauce Mashed Potatoes Peas & Onions Tapioca Pudding with Peaches	Stuffed Shells with Spinach Sauce & Parmesan Cheese Green & Cannellini Beans Mandarin Oranges with Orange Gelatin	Cranberry Sauce Turkey in Gravy Mashed Potatoes Broccoli Florets Yellow Birthday  Cake with Icing	Chicken Cacciatore Wheat Rotini Peas & Carrots Apricots	Broccoli, Cheddar & Turkey Chowder with Crackers Italian Green Beans with Garbanzo Beans Mandarin Oranges
17	18	19	20	21
Sweet & Sour Sliced Pork with Vegetables Vegetable Rice Pilaf Brussels Sprouts Grapes	Shepherd's Pie with Corn & Mashed Potatoes Carrots Pumpkin Cookie	Pork Cutlet with Brown Gravy Mashed Cauliflower Diced Beets Applesauce	Beef & Vegetable Stew with Potatoes Green Beans with White Kidney Beans Banana Bread	Oven Fried Chicken Garlic Mashed Potatoes Spinach Orange
24	25	26	27	28
Turkey Meatballs Alfredo with Spinach, Asiago & Parmesan Cheese Home Fries Peas & Carrots Pineapple Tidbits	Lasagna Roll with Sweet Sausage Links & Marinara Sauce Parmesan Cheese Brussels Sprouts Baked Sliced Apples	Chicken Chow Mein with Shredded Cabbage Chow Mein Noodles Vegetable Rice Pilaf with Black Beans Stir Fry Vegetables Pears	Zucchini & Summer Squash Quiche with Sausage & Cheddar Peas & Mushrooms Broccoli & Cauliflower Tropical Fruit	Roast Pork with Applesauce Boiled Potatoes Diced Beets Berry Crisp with Cream
31				
Chicken & Broccoli Casserole with Egg Noodles Diced Carrots Pumpkin Pudding				

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.