

Meals on Wheels Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.</p> 				
		1	2	3
		Chicken with Marsala Sauce & Mushrooms Mashed Potatoes Carrots Blueberries & Strawberries in Yogurt	Glazed Beef Patty with Cheddar on a Hamburger Roll Baked Beans with Maple Syrup Brussels Sprouts Orange	Ham, Corn & Potato Chowder with Crackers Asian Vegetables Melon
6	7	8	9	10
Chicken-n-Biscuit Mashed Cauliflower Diced Carrots with Dill Granny Smith Apple	Beef Burgundy Rotini Noodles Harvard Beets Pineapple Tidbits	Lasagna Rollups with Marinara Meat Sauce Vegetable Blend Strawberry Cake with Icing 	Cheese Omelet with Ham Home Fries with Onions & Peppers Broccoli Florets Orange Gelatin with Oranges	Roast Pork with Raisin Sauce Mashed Sweet Potatoes Scandinavian Veggies Apple Crisp with Topping
13	14	15	16	17
BBQ Salisbury Steak Diced Potatoes Baked Beans Peaches	Penne Pasta with Cheese & Canadian Bacon Green Beans Mandarin Oranges	Scalloped Potatoes with Ham & Cheddar Carrots Apple Crisp with Craisins & Cream	Chicken Breast with Vegetable Sweet-n-Sour Sauce Brown Rice Pilaf with Veggies & Cannellini Beans Brussels Sprouts Pineapple Tidbits	Roast Turkey with Gravy Diced Potatoes with Parsley Winter Squash Pumpkin Pudding with Cream
20	21	22	23	24
Macaroni & Cheese Broccoli Florets Sliced Carrots with Parsley Pears	Pork Loin with Applesauce Tater Tots Mixed Vegetables with Lima Beans Apricots	Roast Beef with Sauce Diced Potatoes with Parsley Green Beans Oatmeal Cookie	Turkey Vegetable Meatloaf with Sauce Mashed Potatoes Sliced Carrots Peaches & Pears	Spinach & Onion Quiche Mixed Vegetables Applesauce
27	28	29	30	31
 MEMORIAL DAY REMEMBER AND HONOR Meals on Wheels will be CLOSED in observance of the holiday.	Shepherd's Pie with Corn Mashed Potatoes Broccoli Florets Pumpkin Cookie with Raisins	Cheese Tortellini with Marinara Sauce & Sweet Italian Sliced Sausage Mixed Beans with Lemon Glaze Oranges with Cream	Broccoli & Cheddar Quiche Sliced Carrots Green & Waxed Beans Pineapple Orange Combo	Salisbury Steak with Gravy Home Fried Potatoes with Onions & Paprika Spinach Baked Sliced Apples with Cinnamon