


Meals on Wheels Menu

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken ala king 1 Wheat rotini noodles Winter mixed vegetables -6 oz. Wheat bread Pineapple tidbit	Cheese tortellini 2 w/ marinara & sweet Italian sausage Mixed beans w/ lemon glaze Wheat bread Mandarin oranges	Baked American goulash 3 w/ beef & diced tomatoes Spinach Potato roll – IN TRAY Mandarin oranges	HOLIDAY NO MEALS SERVED  July 4th
Cheese tortellini alfredo 7 Peas & carrots Green beans Wheat bread Watermelon	BBQ Chicken breast 8 Baked beans Cauliflower w/ chives Wheat bread Strawberry applesauce	Macaroni & cheese 9 Brussel sprouts Stewed tomatoes Multigrain bread Apple	Stuffed chicken 10 w/ sage sauce Mashed potatoes Green beans Wheat dinner roll Blueberry coffeecake cake	Egg salad w/ celery 11 Cole slaw Spinach salad w/ chic peas & veggies-Italian dressing Hamburger roll Mandarin oranges
Pork chow mein w/ water chestnuts & veggies 14 Brown rice w/ vegetables Broccoli cauliflower blend Chow mein noodles Pears	Chicken -n- biscuit 15 Diced potatoes Sliced carrots w/ dill Vanilla pudding w/ peaches	Glazed pork & ham 16 burger w/ pineapple sauce Mashed sweet potato Green beans Wheat dinner roll Oatmeal craisin cookie	Beef steak patty 17 w/ mushroom sauce Mashed potatoes Broccoli florets Wheat roll Pumpkin w/ white chocolate chip cookie	Fresh spinach, summer & zucchini squash 18 & cheese quiche Green & waxed beans - 3/4 cup Wheat bread Mandarin oranges
Chicken fingers 21 w/ BBQ sauce Sliced carrots Diced potatoes w/ parsley Texas toast Pineapple tidbits	Roast pork loin 22 Gravy Mashed potatoes Garden peas & onions Wheat bread Apple & strawberry crisp w/ cream	Sweet-n-sour beef meatballs Seasoned medium shells 23 California blend vegetables - 6 oz. Wheat bread Granny smith apple	Sliced ham w/ Swiss cheese White bean salad 24 w/ ripe olives Red potato salad w/ dill Mustard p.c. Hamburger roll Peaches	Breaded chicken breast 25 w/ sauce Brussel sprouts Mashed cauliflower White dinner roll Tapioca pudding w/ peaches
Cavatappi & cheese 28 Green beans Sliced carrots Wheat dinner roll Orange	Turkey patty w/ veggies Rice pilaf 29 w/ carrots & lentils Winter mixed vegetables Wheat bread Fruit mix	Sliced pork loin 30 w/ cider sauce Mashed potatoes Spinach Wheat roll Apple bar with raisins	Turkey in gravy 31 Mashed potatoes California blend vegetables Wheat bread – 2 Slices Pumpkin pudding w/ cream	