

## Meals on Wheels July 2018 Menu – Please contact Debbie at 651-653-3123

MONDAY 2	TUESDAY 3	WEDNESDAY CLOSED	THURSDAY 5	FRIDAY 6	SAT 7	SUN 8
<b>Breakfast Sandwich</b> Turkey sausage, Egg w/cheddar cheese, Breakfast potatoes, English muffin Applesauce	<b>Clam Linguini</b> Creamy alfredo sauce Spring veggies White chocolate mousse <b>ALT: Chicken linguini</b>	<b>Meal delivered Tues July 3 Cheeseburger Baked Beans WW Bun Rice Crispy Treat</b>	<b>Red wine mushroom Pork</b> Mashed potatoes Glazed carrots WW dinner roll Chocolate Brownie <b>ALT: Red wine chicken</b>	<b>Southwest Chicken Rice Bowl</b> , Spanish Rice, Black Beans, Baby Carrots, Ranch dressing, Fruit cup	<b>Roast Turkey</b>	<b>Shepherd's Pie</b>
9	10	11	12	13	14	15
<b>Greek Chicken Hotdish</b> Olives, artichokes, sundried tomato sauce Zucchini, Tropical fruit Sugar cookie	<b>BBQ Pork</b> Cheese Cauliflower Peach Crumble Apple slices, Potato Chips, Dinner Roll <b>ALT: BBQ Chicken</b>	<b>French Toast</b> Turkey sausage Hashbrowns Ketchup, Maple syrup, Applesauce	<b>Beef &amp; tomato hotdish</b> Carrots in butter Mixed Fruit Choc. Chip cookie	<b>Lemon baked Pollock</b> , Rice pilaf Peas & carrots Dinner roll Lemon Cake <b>ALT: Lemon Chicken</b>	<b>Beef Sloppy Joe</b>	<b>Chicken Stir fry</b>
16	17	18	19	20	21	22
<b>Swedish Meatballs</b> Mushroom Gravy Egg noodles Sweet Peas Dinner Roll	<b>Roasted Turkey</b> Mashed potatoes & Gravy Succotash Zucchini Muffin Fruit Cup	<b>Raspberry Chicken</b> Roasted potatoes Garlic Green beans Dinner roll Oatmeal cranberry cookie	<b>Teriyaki Pork Loin</b> Brown Rice, Ginger Glazed broccoli Mandarin oranges Sesame Carrot slaw Fortune cookie <b>Alt: Teriyaki Chicken</b>	<b>Beef Nachos</b> Onions & peppers Black beans Cheddar Cheese Sour cream Pineapple chunks	<b>Chicken Parmesan</b>	<b>Beef Pot Roast</b>
23	24	25	26	27	28	29
<b>OLIVE GARDEN Spaghetti w/meat sauce Italian Salad Breadsticks Chocolate mint</b>	<b>Sloppy Joe</b> Roasted Potato Carrots Whole Wheat Bun M & M	<b>Chicken &amp; Dumplings</b> Chicken Gravy Vegetable Blend Sliced Apples Butterscotch Blondie	<b>Italian Pork Sausage &amp; peppers</b> , Tomato sauce, Cheesy Polenta, Rosemary zucchini Sugar Cookie <b>ALT: Beef sausage</b>	<b>Cheesy Egg Bake</b> Asparagus & Fetta Warm Pear Crumble Dinner Roll Fruit Cup	<b>Beef Meatballs</b>	<b>Chicken Alfredo</b>
30	31	<b>All Meals are served with choice of 1% milk or 4 oz juice cup.</b>				
<b>Chicken Enchilada Bake</b> Peppers & Onions Creamed Corn Rice pudding	<b>Dill Roasted Pollock</b> Roasted potatoes Lima Beans Dinner roll, Diced pears, Tartar sauce <b>Alt: Dill Chicken</b>	<b>CHOICE MEALS can be ordered 2 wks prior by calling 651-653-3123</b> 1. Beef pot roast                      2. Roast Turkey 3. Cheesy Egg Bake                    4. Lemon Fish				