



MEALS ON WHEELS

JULY 2018



<p style="text-align: right;">2</p> <p><u>BREAKFAST SANDWICH</u> TURKEY SAUSAGE EGG BAKE WITH CHEDDAR BREAKFAST POTATOES ENGLISH MUFFIN APPLE SAUCE</p>	<p style="text-align: right;">3</p> <p><u>CLAM LINGUINI</u> CREAMY ALFREDO SAUCE BUTTERED SPRING VEGGIES WHITE CHOCOLATE MOUSSE</p> <p><i>* ALT: CHICKEN LINGUINI</i></p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Closed for Holiday</p> <p style="text-align: center;">No Meal Delivery Today</p>	<p style="text-align: right;">5</p> <p><u>RED WINE MUSHROOM PORK</u> MASHED POTATOES GLAZED CARROTS WHOLE WHEAT ROLL CHOCOLATE BROWNIE</p> <p><i>*ALT: RED WINE CHICKEN</i></p>	<p style="text-align: right;">6</p> <p><u>SOUTHWEST RICE BOWL</u> SPANISH RICE FAJITA CHICKEN BLACK BEANS FRUIT CUP BABY CARROTS RANCH DRESSING</p>
<p style="text-align: right;">9</p> <p><u>GREEK CHICKEN PASTA</u> OLIVES, ARTICHOKE, SUNDRIED TOMATO SAUCE ZUCCHINI SUGAR COOKIE TROPICAL FRUIT</p>	<p style="text-align: right;">10</p> <p><u>BBQ PORK</u> CHEESY CAULIFLOWER APPLE SLICES POTATO CHIPS DINNER ROLL PEACH CRUMBLE</p> <p><i>* ALT: BBQ CHICKEN</i></p>	<p style="text-align: right;">11</p> <p><u>FRENCH TOAST</u> TURKEY SAUSAGE HASHBROWNS KETCHUP MAPLE SYRUP APPLE SAUCE</p>	<p style="text-align: right;">12</p> <p><u>BEEF GOULASH</u> MACARONI NOODLES CHEESY TOMATO SAUCE CARROTS IN HERB BUTTER MIXED FRUIT CHOC CHIP COOKIE</p>	<p style="text-align: right;">13</p> <p><u>LEMON BAKED POLLOCK</u> RICE PILAF TARTAR SAUCE PEAS & CARROTS DINNER ROLL LEMON CAKE</p> <p><i>*ALT: LEMON CHICKEN</i></p>
<p style="text-align: right;">16</p> <p><u>SWEDISH MEATBALLS</u> MUSHROOM GRAVY EGG NOODLES SWEET PEAS DINNER ROLL & MARGARINE</p>	<p style="text-align: right;">17</p> <p><u>ROASTED TURKEY</u> MASHED POTATOES & GRAVY SUCCOTASH ZUCCHINI MUFFIN FRUIT CUP</p>	<p style="text-align: right;">18</p> <p><u>RASPBERRY BALSAMIC CHICKEN</u> ROASTED POTATOES GARLIC GREEN BEANS OATMEAL CRANBERRY COOKIE DINNER ROLL & MARG</p>	<p style="text-align: right;">19</p> <p><u>TERIYAKI PORK</u> BROWN RICE GINGER GLAZED BROCCOLI MANDARIN ORANGES FORTUNE COOKIE SESAME CARROT SLAW</p> <p><i>*ALT: TERIYAKI CHICKEN</i></p>	<p style="text-align: right;">20</p> <p><u>BEEF NACHOS</u> CHEDDAR CHEESE ONIONS & PEPPERS BLACK BEANS SOUR CREAM PINEAPPLE</p>
<p style="text-align: right;">23</p> <p><u>CHICKEN PARMESAN</u> SPAGHETTI NOODLES MARINARA SAUCE GARLIC TOAST BALSAMIC GREEN BEANS MIXED FRUIT CUP</p>	<p style="text-align: right;">24</p> <p><u>SLOPPY JOE</u> WHOLE WHEAT BUN ROASTED POTATO CARROTS M&M COOKIE</p>	<p style="text-align: right;">25</p> <p><u>CHICKEN & DUMPLINGS</u> CHICKEN GRAVY VEGETABLE BLEND SLICED APPLES BUTTERSCOTCH BLONDIE</p>	<p style="text-align: right;">26</p> <p><u>SAUSAGE & PEPPERS</u> CHEESY POLENTA ITALIAN SAUSAGE & TOMATO SAUCE ROSEMARY BUTTERED ZUCCHINI SUGAR COOKIE</p> <p><i>*ALT: BEEF SAUSAGE</i></p>	<p style="text-align: right;">27</p> <p><u>CHEESY EGG BAKE</u> ASPARAGUS & FETA POACHED PEAR CRUMBLE FRUIT CUP DINNER ROLL & MARGARINE</p>
<p style="text-align: right;">30</p> <p><u>ENCHILADA BAKE</u> FAJITA CHICKEN ENCHILADA SAUCE PEPPERS & ONIONS CREAMED CORN RICE PUDDING</p>	<p style="text-align: right;">31</p> <p><u>DILL ROASTED POLLOCK</u> ROASTED POTATOES LIMA BEANS DINNER ROLL W/ MARG. TARTAR SAUCE DICED PEARS</p> <p><i>*ALT: DILL CHICKEN</i></p>		<p><i>*ALTERNATE MEALS MUST BE ORDERED THREE DAYS IN ADVANCE</i></p>	<p style="text-align: center;">Call us at</p> <p style="text-align: center;">952-835-1665</p> <p style="text-align: center;">to make changes</p>