



# MEALS ON WHEELS

## AUGUST 2018



<p><b>CALL US AT</b></p> <p><b>952-835-1665</b></p> <p><b>WITH CHANGES OR QUESTIONS</b></p>	<p><i>PLEASE NOTE:</i></p> <p><i>ALTERNATE MEALS MUST BE ORDERED THREE DAYS IN ADVANCE</i></p>	<p><b>1</b></p> <p><b><u>SALISBURY STEAK</u></b>  MASHED POTATOES  ONION GRAVY  BUTTERED CARROTS  DINNER ROLL  FRESH FRUIT</p>	<p><b>2</b></p> <p><b><u>SPAGHETTI IN MEAT SAUCE</u></b>  MIXED VEGGIES  GARLIC TOAST  SUGAR COOKIE</p>	<p><b>3</b></p> <p><b><u>CHICKEN AND WILD RICE</u></b>  CREAMY SPINACH SAUCE  SWEET PEAS  MIXED VEGGIES  FRUIT CUP</p>
<p><b>6</b></p> <p><b><u>BREAKFAST SANDWICH</u></b>  TURKEY SAUSAGE PATTY  EGG WITH CHEDDAR  BREAKFAST POTATOES  ENGLISH MUFFIN  APPLESAUCE</p> <p><i>ALT: PORK LOIN</i></p>	<p><b>7</b></p> <p><b><u>GREEK CHICKEN PASTA</u></b>  OLIVES, ARTICHOKE, AND SUN-DRIED TOMATO SAUCE  ZUCCHINI  CHOCOLATE CAKE  TROPICAL FRUIT</p>	<p><b>8</b></p> <p><b><u>CHICKEN ALFREDO</u></b>  CREAMY ALFREDO SAUCE  BUTTERED SPRING VEGGIES  CHOCOLATE MOUSSE  FRESH GREEN SALAD</p>	<p><b>9</b></p> <p><b><u>RED WINE MUSHROOM PORK</u></b>  MASHED POTATOES  GLAZED CARROTS  WHOLE WHEAT ROLL  BROWNIE</p> <p><i>ALT: RED WINE CHICKEN</i></p>	<p><b>10</b></p> <p><b><u>SOUTHWEST RICE BOWL</u></b>  FAJITA CHICKEN  SPANISH RICE  FIRE ROASTED CORN &amp; BEANS  FRUIT CUP  BABY CARROTS W/ RANCH</p>
<p><b>13</b></p> <p><b><u>CHEESEBURGER</u></b>  KETCHUP AND MUSTARD  WHOLE WHEAT BUN  TATOR TOTS  RICE KRISPY TREAT</p>	<p><b>14</b></p> <p><b><u>BBQ PULLED PORK</u></b>  CHEESY CAULIFLOWER  PEACH CRUMBLE  APPLE SLICES  DINNER ROLL  POTATO CHIPS</p> <p><i>ALT: BBQ CHICKEN</i></p>	<p><b>15</b></p> <p><b><u>FRENCH TOAST</u></b>  TURKEY SAUSAGE  HASHBROWNS W/ KETCHUP  MAPLE SYRUP  APPLESAUCE</p> <p><i>ALT: BEEF POT ROAST</i></p>	<p><b>16</b></p> <p><b><u>TOMATO BEEF CASSEROLE</u></b>  MACARONI NOODLES  CHEESY TOMATO SAUCE  CARROTS IN HERB BUTTER  MIXED FRUIT  CHOC. CHIP COOKIE</p>	<p><b>17</b></p> <p><b><u>LEMON BAKED POLLOCK</u></b>  RICE PILAF  PEAS AND CARROTS  TARTAR SAUCE  DINNER ROLL  LEMON CAKE</p> <p><i>ALT: LEMON CHICKEN</i></p>
<p><b>20</b></p> <p><b><u>SWEDISH MEATBALLS</u></b>  MUSHROOM GRAVY  EGG NOODLES  SWEET PEAS  DINNER ROLL  BLUEBERRY PARFAIT</p>	<p><b>21</b></p> <p><b><u>ROASTED TURKEY</u></b>  MASHED POTATOES &amp; GRAVY  SUCCOTASH  ZUCCHINI MUFFIN  FRESH FRUIT</p>	<p><b>22</b></p> <p><b><u>RASPBERRY BALSAMIC CHICKEN</u></b>  ROASTED POTATOES  GARLIC GREEN BEANS  OATMEAL CRAN. COOKIE  DINNER ROLL</p>	<p><b>23</b></p> <p><b><u>TERIYAKI PORK</u></b>  BROWN RICE  GINGER GLAZED BROCCOLI  MANDARIN ORANGES  FOURTUNE COOKIE</p> <p><i>ALT: TERIYAKI CHICKEN</i></p>	<p><b>24</b></p> <p><b><u>BEEF NACHOS</u></b>  CHEDDAR CHEESE  CORN AND BEAN SALSA  CORN TORTILLA CHIPS  SOUR CREAM  PINEAPPLE  BANANA PUDDING</p>
<p><b>27</b></p> <p><b><u>CHICKEN PARMESAN</u></b>  SPAGHETTI NOODLES  MARINARA SAUCE  BALSAMIC GREEN BEANS  GARLIC TOAST  MIXED FRUIT CUP</p>	<p><b>28</b></p> <p><b><u>SLOPPY JOE</u></b>  ROASTED POTATOES  WHOLE WHEAT BUN  CARROTS  M&amp;M COOKIE</p>	<p><b>29</b></p> <p><b><u>CHICKEN &amp; DUMPLINGS</u></b>  CHICKEN GRAVY  VEGGIE BLEND  APPLE SLICES  BUTTERSCOTCH BLONDIE</p>	<p><b>30</b></p> <p><b><u>SAUSAGE AND PEPPERS</u></b>  CHEESY POLENTA  ITALIAN SAUSAGE  ROSEMARY BUTTERED ZUCCHINI  SUGAR COOKIE</p> <p><i>ALT: BEEF SAUSAGE</i></p>	<p><b>31</b></p> <p><b><u>BREAKFAST HASH</u></b>  ROASTED POTATOES  CHEESY EGGS  POACHED PEARS  DINNER ROLL</p>