



June

Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf w/Gravy Garlic Mashed Potatoes Pea Italian Vegetable Fresh Orange	2 Ham Low Sodium Scalloped Potatoes Brussel Sprouts Baked Apples Roll	3 Beef Stroganoff Egg Noodles French Cut Beans Peach Halves Roll	4 Oven Baked Fish Scalloped Potatoes Salad Broccoli Cuts Apricots Roll
7 Stuffed Cabbage Oven Roasted Potatoes Parsley Carrots Fresh Pear Bread Stick	8 Chicken Breast w/Gravy Whole Potatoes Mixed Vegetable Fruit Medley Roll	9 Italian Ravioli Broccoli Cuts Three Bean Salad Fruit Cocktail Roll	10 Sweet & Sour Meatballs Rice Sugar Snap Peas Oriental Blend Vegetable Orange Salad / Roll	11 Baked Cod Sliced Potatoes Peas Fresh Apple Bread
14 Chinese Peppersteak Brown Rice Cut Green Beans Broccoli Cuts Apple Bread Stick	15 Pork Chop Creole Roasted Potato Asparagus Peach Slices Wheat Bread	16 Smothered Chicken Red Skin Potatoes Mixed Vegetables Fruit Cocktail Wheat Bread	17 Bratwurst w/Bun German Potato Salad Sauerkraut Apple	18 Lemon Pepper Cod Oven Roasted Potatoes Capri Blend Vegetable Orange Wheat Roll
21 Macaroni & Cheese Baby Beets Romaine Salad Corn Muffin Fruit Salad	22 Chicken Cutlet w/Gravy Roasted Potatoes Broccoli Cuts Fresh Pear Bread Stick	23 Turkey w/Vegetables Egg Noodles Garden Salad Grapes Roll	24 Turkey Burger w/Bun Tomato Salad Three Bean Salad Red Apple	25 Tuna Pasta Salad Shredded Lettuce Sliced Peaches Mini Muffin
28 Stuffed Green Pepper Sliced Potatoes Normandy Vegetable Apricots Wheat Bread	29 Meatloaf w/Gravy Whole Potatoes Brussel Sprouts Banana Roll	30 Breaded Pork Patty Red Skin Potatoes Peas Applesauce Roll	Grab & Go Lunches Available Monday - Friday <u>Pick-up at noon</u> <i>\$3 suggested donation</i> Call 24 hours in advance to reserve a meal: 248.659.1032	

