



MEALS ON WHEELS

June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<u>BEEF POT ROAST</u> Dinner Roll with Butter Peas and Carrots Mashed Potatoes and Gravy Cookie	<u>NEW: CHICKEN SALAD SANDWICH</u> with Lettuce, Tomato, and Whole Wheat Bread Fruit Cocktail Cookie	<u>ROSEMARY CHICKEN</u> Roasted Potatoes Sliced Beets Warm Diced Pears Dinner Roll with Butter
6	7	8	9	10
<u>TUNA CASSEROLE</u> Egg Noodles Green Beans Cookie Alt: Chicken Casserole	<u>HONEY GARLIC CHICKEN</u> Brown Rice Pilaf Corn Pineapple	<u>PASTA IN MEAT SAUCE</u> Steamed Broccoli Warm Peaches Cookie	<u>PORK STIR FRY</u> Brown Rice Sliced Apples Cookie Alt: Chicken Stir Fry	<u>TURKEY AND CHEESE SANDWICH</u> with Lettuce, Tomato, and Whole Wheat Bread Coleslaw Cookie
13	14	15	16	17
<u>BEEF LASAGNA</u> Broccoli Cookie	<u>CHICKEN AND GRAVY</u> Cous Cous Pasta Vegetable Medley Warm Diced Peaches Cookie	<u>BEEF MEATLOAF</u> Mashed Potatoes Roll with Butter Diced Carrots Fruit Cocktail	<u>PARMESAN CRUSTED CHICKEN</u> Brown Rice Pilaf California Vegetables Cookie	<u>GARLIC PARMESAN PARK LOIN</u> Dinner Roll with Butter Mashed Sweet Potato Green Beans Warm Diced Peaches Alt: Garlic Parmesan Chicken
20	21	22	23	24
<u>BBQ BEEF SANDWICH</u> Multigrain Hamburger Bun Peas and Carrots Pineapple	<u>BEEF CHILI</u> Sliced Carrots Corn Muffin Applesauce	<u>SOUTHWEST CHICKEN BOWL</u> Spanish Rice Corn and Black Bean Salsa Vegetable Blend Cookie	<u>STRAWBERRY SPINACH SALAD w/ CHICKEN</u> Dinner Roll Blueberry Muffin	<u>BEEF SLOPPY JOE</u> Wheat Bun Mashed Potatoes Diced Carrots Peaches
27	28	29	30	
<u>BEEF STROGANOFF</u> Egg Noodles Peas Pears	<u>MUSTARD HERB ROASTED FISH</u> Grits Vegetable Medley Sugar Cookie Alt: Mustard Herb Roasted Chicken	<u>ROAST TURKEY DINNER</u> with Gravy Stuffing Green Beans Pumpkin Spice Muffin	<u>SWEET AND SOUR CHICKEN</u> Brown Rice Green Beans Watermelon Double Chocolate Chip Muffin	

To contact Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal.
 Call to order weekend meals. Monthly choice meals are:

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| 1) Turkey Burger | 3) Vegetarian Lasagna |
| 2) Beef Meatloaf | 4) Parmesan Crusted Fish |