

MEALS ON WHEELS

of RAMSEY COUNTY

SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *COLD* Chicken Caesar Salad Dinner Roll Butter Dessert	2 BBQ Pork Loin (GFDF) Carrots, Corn, Peas, and Green Beans Apple Slices Alt: BBQ Chicken Breast (GFDF)
5 Salisbury Steak (DF) Whole Wheat Egg Noodles Mushroom Gravy Five-Way Vegetable Blend Applesauce Cup	6 Garlic Parmesan Pork Wild Rice Pilaf Corn Dessert Alt: Garlic Parmesan Chicken	7 Lemon Feta Chicken Orzo Italian Vegetable Blend Dessert	8 *COLD* Southwest Salad w/ Shrimp Brown Rice, Corn, Beans, Cabbage, Cilantro, Citrus Dressing, Pumpkin Seeds, Tortilla Strips Peach Cup & Dessert Alt: SW Salad w/ Chicken	9 *COLD* Buffalo Chicken Dip Celery Sticks, Baby Carrots Whole Wheat Pita Whole Fresh Pear
12 Beef Lasagna Carrots, Corn, Green Beans, and Peas Apple Slices	13 Fish Taco Bowl (GFDF) Cuban Beans and Rice Pineapple Mango Salsa Corn Dessert Alt: Chicken Taco Bowl (GFDF)	14 BBQ Chicken (GFDF) Brown Rice Bell Peppers and Onions Corn Dessert	15 *COLD* Mediterranean Veggie Pasta Salad (VEG) Mixed Fruit Cup Dessert	16 Pesto Chicken Pasta Whole Wheat Pasta Broccoli Mandarin Orange Cup
19 Sloppy Joe (DF) Whole Wheat Hamburger Bun Roasted Potato Hash Green Beans Cinnamon Applesauce	20 Tater Tot Breakfast Bowl (GF, VEG) Scrambled Egg, Sauteed Vegetables Dessert	21 Barley Pilaf w/ Ham Brown Rice, Barley, Pesto, Peas, Asparagus, Spinach, Carrot Coins Whole Fresh Pear Dessert Alt: Barley Pilaf w/ Turkey	22 *COLD* Asian Chopped Chicken Salad (DF) Rice, Edamame, Carrots, Red Bell Pepper, Crispy Chow Mein Noodles Peach Cup	23 Tuna Noodle Casserole Zucchini, Green Beans, and Carrots Dessert Alt: Chicken Noodle Casserole
26 Fish w/ Romesco (DF) Whole Wheat Rotini Peas Pear Cup Alt: Chicken w/ Romesco (DF)	27 Meatloaf (GFDF) Mashed Potatoes Beef Gravy Zucchini, Squash, Green Beans, Spinach, Red Bell Peppers, Onions, and Tomatoes Dessert	28 Teriyaki Chicken (GFDF) Brown Rice Sauteed Green Beans Mixed Fruit Cup Dessert	29 *COLD* Curried Chicken Salad (DF) Spring Mix Three Bean Salad Whole Wheat Pita Dessert	30 Roast Turkey Dinner (DF) Whole Wheat Bread Stuffing Gravy Glazed Carrots Apple Slices

We do our best to accommodate choices however meal substitutions may be necessary based on availability. To contact Meals on Wheels call xxx-xxx-xxxx. 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) BBQ Chicken | 3) Sweet Potato and Bean Quesadilla |
| 2) Beef Burger Bowl | 4) Tuna Casserole |