



# MEALS ON WHEELS

## August 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b><u>BBQ CHICKEN BOWL</u></b> Brown Rice Diced Carrots Vegetarian Baked Beans Dessert	<b><u>SALISBURY STEAK</u></b> Whole Wheat Egg Noodles Green Beans Fruit Cocktail	<b><u>BAKED HAM W/ MUSTARD APPLE GLAZE</u></b> Dinner Roll with Butter Mashed Potatoes Broccoli Dessert <b>Alt: Baked Chicken with Mustard Apple Glaze</b>	<b><u>TARRAGON FISH</u></b> Herb and Lemon Brown Rice Brussel Sprouts Dessert <b>Alt: Tarragon Chicken</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b><u>BEEF STEW</u></b> Polenta Vegetable Medley Fruit Cocktail	<b><u>CHICKEN W/ SWISS &amp; MUSHROOMS</u></b> Spaetzle California Vegetable Blend Dessert	<b><u>POT ROAST W/ GRAVY</u></b> Dinner Roll with Butter Mashed Potatoes Vegetable Medley Fruit Cup	<b><u>CHICKEN CAESAR SALAD</u></b> Multigrain Roll Fruit Cup	<b><u>BAKED FISH W/ SPINACH CREAM SAUCE</u></b> Whole Wheat Egg Noodles Italian Vegetable Blend Warm Cinnamon Apples Dessert <b>Alt: Baked Chicken with Spinach Cream Sauce</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b><u>PASTA W/ MEAT SAUCE</u></b> Broccoli Dessert	<b><u>CHICKEN ALFREDO PASTA</u></b> Whole Wheat Pasta Peas Dessert	<b><u>BEEF LASAGNA</u></b> Broccoli Fruit Cup	<b><u>STRAWBERRY SPINACH SALAD W/ CHICKEN</u></b> Multigrain Roll Dessert	<b><u>BEEF MEATLOAF</u></b> Dinner Roll with Butter Mashed Potatoes Carrots Fruit Cocktail
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b><u>PARMESAN CRUSTED FISH</u></b> Barely Risotto Italian Vegetable Blend Dessert <b>Alt: Parmesan Chicken</b>	<b><u>GARLIC PARMESAN PORK LOIN</u></b> Brown Rice Corn Fruit Cup <b>Alt: Garlic Parmesan Chicken</b>	<b><u>GROUND BEEF CASSEROLE</u></b> Whole Wheat Egg Noodles Carrots Warm Cinnamon Apples	<b><u>CHICKEN PENNE PARMA ROSA PASTA</u></b> Green Beans Warm Cinnamon Pears Dessert	<b><u>HAMBURGER</u></b> Hamburger Bun Lettuce and Tomato Coleslaw Dessert
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b><u>TURKEY TETRAZZINI</u></b> Whole Wheat Egg Noodles Vegetable Medley Dessert	<b><u>BEEF STROGANOFF</u></b> Whole Wheat Egg Noodles Peas Pear Cup	<b><u>GARLIC SALMON BOWL</u></b> Brown Rice Edamame Fresh Fruit Cup Dessert <b>Alt: Garlic Chicken Bowl</b>	<b><u>CHEESY BROCCOLI &amp; HAM CASSEROLE</u></b> Whole Wheat Pasta Carrots Fruit Cup <b>Alt: Cheesy Chicken &amp; Broccoli Casserole</b>	

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:

- |                                   |                     |
|-----------------------------------|---------------------|
| 1) Chicken Penne Parma Rosa Pasta | 3) Vegetarian Curry |
| 2) Ground Beef Casserole          | 4) Tarragon Fish    |

\*For Roseville Area residents, see Roseville Menu at: <https://communityed.isd623.org/adults/meals-on-wheels>

