



MEALS ON WHEELS

June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>Chicken Posole</u> Spanish Brown Rice Fresh Pear Dessert</p>	<p>3</p> <p><u>Fish w/ Garlic Vegetables</u> Brown Rice Edamame Dessert <i>Alt: Chicken w/ Garlic Vegetables</i></p>	<p>4</p> <p><u>Ground Beef Hotdish</u> Tater Tots Corn, Carrots, & Green Beans Mixed Fruit Cup</p>	<p>5</p> <p><u>Mac and Cheese</u> Peas Fruit Cocktail Dessert</p>	<p>6</p> <p><u>Cheeseburger</u> Whole Wheat Bun Cheddar Cheese Baked Beans Applesauce Cup</p>
<p>9</p> <p><u>Pasta with Meat Sauce</u> Broccoli Peach Cup</p>	<p>10</p> <p><u>Mustard Herb Roasted Fish</u> Brown & Wild Rice Pilaf Green Beans Pear Cup Dessert <i>Alt: Mustard Herb Roasted Chicken</i></p>	<p>11</p> <p><u>Cheesy Chicken & Rice Casserole</u> Mixed Vegetable Blend Mixed Fruit Cup Dessert</p>	<p>12</p> <p><u>Chef's Salad *COLD*</u> Dinner Roll Butter Fruit Cocktail</p>	<p>13</p> <p><u>Garlic Parmesan Pork</u> Barley Risotto Corn Apple Slices Dessert <i>Alt: Garlic Parmesan Chicken</i></p>
<p>16</p> <p><u>Beef Lasagna</u> Peas Peach Cup</p>	<p>17</p> <p><u>Butternut Squash Lentil Soup</u> Herbed Quinoa Pilaf Dessert</p>	<p>18</p> <p><u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Penne Pasta Brussel Sprouts Mandarin Orange Cup Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i></p>	<p>19</p> <p><u>Lemon Feta Turkey w/ Orzo Pasta</u> Mixed Vegetable Blend Dessert</p>	<p>20</p> <p><u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Cinnamon Applesauce Cup</p>
<p>23</p> <p><u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Mixed Fruit Cup</p>	<p>24</p> <p><u>Chicken Dumpling Stew</u> Green Beans Dessert</p>	<p>25</p> <p><u>Baked Ham Dinner w/ Apple Mustard Glaze</u> Mashed Potatoes Corn, Carrots, Green Beans Fruit Cocktail Dessert <i>Alt: Baked Chicken Dinner</i></p>	<p>26</p> <p><u>Spring Harvest Salad *COLD*</u> Pineapple Cup Dessert</p>	<p>27</p> <p><u>Fish Taco Bowl</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Whole Fresh Pear <i>Alt: Chicken Taco Bowl</i></p>
<p>30</p> <p><u>Meatloaf</u> Mashed Potatoes and Gravy Mixed Vegetable Blend Cinnamon Applesauce Cup</p>				

We do our best to accommodate choices however meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-371-7009. Beverage choice of milk or juice is served with every meal. Call to order weekend meals.

Monthly choice meals are:

- 1) Baked French Toast
- 2) Cheeseburger
- 3) Roasted Red Pepper and Sweet Potato Soup
- 4) Baked Fish with Spinach Cream Sauce



MEALS ON WHEELS

July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Primavera Casserole</u> Whole Wheat Pasta Peas & Carrots Dessert	2 <u>Chicken Chili</u> Cilantro Lime Brown Rice Apple Slices Dessert	3 <u>Ginger Soy Fish</u> Brown Rice Asian Vegetable Medley Pear Cup Dessert <i>Alt: Ginger Soy Chicken</i>	4 <u>Three Cheese Turkey Pasta</u> Whole Wheat Penne Shredded Mozzarella 5-way Vegetable Medley Mandarin Orange Cup
7 <u>Chicken Posole</u> Spanish Brown Rice Whole Fresh Pear Dessert	8 <u>Fish w/ Garlic Vegetables</u> Brown Rice Edamame Dessert <i>Alt: Chicken w/ Garlic Vegetables</i>	9 <u>Ground Beef Hotdish</u> Tater Tots Corn, Carrots, & Green Beans Mixed Fruit Cup	10 <u>Mac and Cheese</u> Peas Fruit Cocktail Dessert	11 <u>Cheeseburger</u> Whole Wheat Bun Cheddar Cheese Baked Beans Applesauce Cup
14 <u>Pasta with Meat Sauce</u> Broccoli Peach Cup	15 <u>Mustard Herb Roasted Fish</u> Wild Rice Pilaf Green Beans Pear Cup Dessert <i>Alt: Mustard Herb Roasted Chicken</i>	16 <u>Cheesy Chicken & Rice Casserole</u> Mixed Vegetable Blend Mixed Fruit Cup Dessert	17 <u>Chef's Salad *COLD*</u> Dinner Roll Butter Fruit Cocktail	18 <u>Garlic Parmesan Pork</u> Barley Risotto Corn Apple Slices Dessert <i>Alt: Garlic Parmesan Chicken</i>
21 <u>Beef Lasagna</u> Peas Peach Cup	22 <u>Butternut Squash Lentil Soup</u> Herbed Quinoa Pilaf Dessert	23 <u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Penne Pasta Brussel Sprouts Mandarin Orange Cup Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i>	24 <u>Lemon Feta Turkey w/ Orzo Pasta</u> Mixed Vegetable Blend Dessert	25 <u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Cinnamon Applesauce Cup
28 <u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Mixed Fruit Cup	29 <u>Chicken Dumpling Stew</u> Green Beans Dessert	30 <u>Baked Ham w/ Apple Mustard Glaze</u> Mashed Potatoes Corn, Carrots, Green Beans Fruit Cocktail Dessert <i>Alt: Baked Chicken Dinner</i>	31 <u>Spring Harvest Salad *COLD*</u> Pineapple Cup Dessert	

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Monthly choice meals are:

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| 1) BBQ Chicken | 3) Primavera Casserole |
| 2) Meatloaf | 4) Mustard Herb Roasted Fish |