

## MEALS ON WHEELS June 2025



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

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

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## Monthly choice meals are:

1) BBQ Chicken

3) Primavera Casserole

2) Meatloaf

4) Mustard Herb Roasted Fish