

Meals on Wheels and More

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Look For the Wheelbarrow. This Month: <i>Fresh Local Tomatoes</i>		1 Peruvian Cilantro Chicken & Rice Green Beans Rainbow Pasta Salad Chocolate Pudding	2 Florentine Fish Sweet Potato Capri Veggies Coleslaw Fruit
5 Spaghetti w/ Meat Sauce Italian Veggies Caesar Salad Fruit	6 Chef Salad  Oatmeal Bread Fresh Fruit	7 Sweet & Sour Meatballs Over Rice Asian Veggies Sesame Slaw Fruit	8 Denver Omelet Breakfast Potatoes Fruit & Yogurt Orange Juice	9 Stuffed Cabbage Rolls Tri Color Potatoes Green Beans Spinach Salad Fruit
12 BBQ Chicken Baby Red Potatoes Crinkle Cut Carrots Garden Salad Sliced Apples	13 Taco Salad  Cornbread Grapes	14 Closed For Senior Day in the Park	15 Chili Stuffed Baked Potato Broccoli Florets Garden Salad Tropical Fruit Salad	16 Chicken & Dumplings w/ Garden Veggies Garden Salad Raspberry Sherbet
19 Dill Salmon Wild Rice Pilaf Brussels Sprouts Garden Salad Fruit	20 Jamaican Jerk Chicken w/ Mango Salsa Roast Sweet Potato Garden Salad Banana Pudding	21 Country Fried Steak Mashed Potatoes Peas & Onions Spinach Salad Fruit	22 Crab Cake Rice Pilaf Mixed Veggies Kale Citrus Salad Fresh Fruit	23 Chicken Penne Pasta Italian Veggies Caesar Salad Berry Crisp
26 Beef Stroganoff Rotelle Pasta Peas & Carrots Garden Salad Fruit	27 Chicken Salad Wrap Garden Sun Chips Fruit Cup Chocolate Chip Cookie	28 Lemon Pepper Cod Roasted Yam Capri Veggies Garden Salad Fruit	29 Chinese BBQ Pork Fried Rice Veggie Egg Roll Mandarin Oranges Fortune Cookie	30 Turkey Meatloaf Mashed Potatoes & Gravy Steamed Veggies Garden Salad  Fruit

All menus are subject to change due to food cost and availability Gluten Free Entrée available (ask). Entrée Salad available daily.