

Meals on Wheels and More

Frozen Meal Production

Hot Meal & Frozen Distribution

August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Crab Cake Rice Pilaf Brussel Sprouts Peaches	4 Chinese BBQ Pork Rice Peas & Carrots Mandarin Oranges	5 Chicken Parm Ital Veggies Garden Salad Pudding	6 Chicken Lo Mein Sugar Snap Pea Mandarin Orange	7 Chicken Strips Potato wedges Broccoli/ Apple crisp
10 1. Baked Fish Yam/Broccoli/Peaches 2. Penne w/ meat sauce Green Bean Mandarin Oranges	11 1. Lentil Soup DCD Carrot/Pears	12 Chef Salad Oatmeal Bread Fresh Fruit	13 Black Bean Quesadilla Veggies Fruit	14 Glazed Ham w/ Pineapple Sweet potato Green Beans
171 Lemon Pepper Chicken Au Gratin/Pea Carrot/Fruit 2. Swiss Steak Mashed/Veg/Fruit	18 Navy Bean & Ham DCD Carrot/Pears	19 Turkey Meatloaf Mashed Potatoes & Gravy Nantucket Veggies Garden salad Mandarin Oranges	20 Cheese Ravioli w/ Marinara Italian Green Beans Cinnamon Apples	20 Sweet & Sour Meatballs over rice Oriental Veggies Mandarin Oranges
24 Beef Burgundy Rice/Broccoli/Applesce. 2. Chicken Fried Steak Mashed Potatoes/ Brussels Sprout/ Fruit	25 Beef Enchiladas Rice/Veggie/Fruit Crisp	26 Asian Chicken Salad Sesame Vinaigrette Spring Rolls Fresh Grapes	27 Pork Apple Chutney Scallop Potato Broccoli	28 Tuna Casserole Broccoli/Berry Crisp
31 Florentine Fish Sweet Potatoes Chop Broccoli	Wednesday Hot Meal		Each Week Baked Egg Casserole Potatoes Veggie/Fruit	

All menus are subject to change due to food cost and availability