

CLIENT NAME & ADDRESS: _____

2% Milk or Calcium Fortified Orange Juice served with each meal.
SOME MEALS MAY BE SUBSTITUTED.

MEALS ON WHEELS MENU CHOICES FOR April 26, 2021 – August 27, 2021

PLEASE CIRCLE EITHER MENU A OR MENU B IN EACH SQUARE. RETURN ONE COPY IN THE STAMPED ENVELOPE & KEEP A COPY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates: 04/26, 06/07, 07/19	Dates: 04/27, 06/08, 07/20	Dates: 04/28, 06/09, 07/21	Dates: 04/29, 06/10, 07/22	Dates: 04/30, 06/11, 07/23
Menu A: Chicken & Broccoli Stir Fry Menu B: Sweet & Sour Pork Fluffy Rice, Spiced Carrots, Fruited Cherry Gelatin, Pound Cake	Menu A: Ham & Beans Menu B: Shepherd's Pie Turnip Greens, Cauliflower, Fresh Fruit, Banana Pudding w/ Wafers	Menu A: Italian Meatballs Spaghetti w/ Sauce Menu B: Chicken Pasta Primavera Broccoli, Garlic Bread, Pears w/Cottage Cheese	Menu A: Beef Taco Salad Menu B: Shredded Chicken Soft Taco, Pinto Beans Spanish rice, Warm Tortilla, Pico de Gallo, Oatmeal Raisin Cookie.	Menu A: Crunchy Baked Fish Menu B: Charbroiled Beef Patty Potato Wedges, Spicy Buttered Carrots, Red and Green Coleslaw, Chocolate Brownie.
Dates: 05/03, 06/14, 07/26	Dates: 05/04, 06/15, 07/27	Dates: 05/05, 06/16, 07/28	Dates: 05/06, 06/17, 07/29	Dates: 05/07, 06/18, 07/30
Menu A: Smothered Pork Chop Menu B: Citrus Baked Chicken Scalloped Potatoes, Mixed Vegetables, Kale Crunch Salad w/Mandarin, Orange Zephyr Whip.	Menu A: Chicken Tenders Menu B: Stuffed Cabbage Casserole Garlic Mashed Potatoes, Cream Gravy, Capri Vegetables, Marinated Mushroom Salad, Lemon Pudding.	Menu A: Chicken Salad on Leaf Lettuce Menu B: Tuna Salad Green Pea Salad Chunky Fruit Medley, Wheat Roll, Upside Down Cake.	Menu A: Beef Cabbage Roll Menu B: Pork Fritter Calico Corn, Broccoli, Fruited Gelatin, Pudding.	Menu A: Salmon Pattie Menu B: Braised Pork Chop Baby Bakers, Buttered Baby Carrots, Fruit Cup, Cookie.
Dates: 05/10, 06/21, 08/02	Dates: 05/11, 06/22, 08/03	Dates: 05/12, 06/23, 08/04	Dates: 05/13, 06/24, 08/05	Dates: 05/14, 06/25, 08/06
Menu A: Teriyaki Chicken Menu B: Beef Teriyaki Brown Rice Pilaf, Oriental Coleslaw, Vegetable Egg Roll, Mandarin Oranges.	Menu A: Turkey Meatloaf w/ Tomato Sauce Menu B: Baked Chicken, Corn Salad Mashed Potatoes, Seasoned Green Beans, Wheat Bread, Fruited Gelatin.	Menu A: Chicken Spaghetti Menu B: Chili w/Beans Squash Medley, Garden Salad, Italian Dressing, Garlic Roll Angel Food Cake.	Menu A: Chicken Enchilada Bake Menu B: Cheese Enchiladas Fried Rice, Hominy, Beet Salad, Cinnamon Pears.	Menu A: Beef Steak Fingers Menu B: Pork Roast Potato Wedges, Coleslaw w/Cilantro lime dressing, Strawberry Delight Cookie.
Dates: 05/17, 06/28, 08/09	Dates: 05/18, 06/29, 08/10	Dates: 05/19, 06/30, 08/11	Dates: 05/20, 07/01, 08/12	Dates: 05/21, 07/02, (4 th of July), 08/13
Menu A: Brown Sugar Glazed Ham Menu B: BBQ Chicken Breast Candied Sweet Potatoes, Green Peas/Red Pepper, Yogurt w/Peaches.	Menu A: Tuna Salad Menu B: Turkey Salad Three Bean Salad, Oil and Vinegar Coleslaw, Saltine Crackers, Banana, Baked Cookie.	Menu A: Meatballs Menu B: Chef's Quiche Brown Gravy, Sweet Potato Tots, Peas and Carrots, Frosted Cake.	Menu A: BBQ Roast Pork Menu B: Smoked Sausage with Pepper & Onions Potato Salad, Pork & Beans, Vegetable Juice, Hot Cinnamon Apples.	Menu A: Beef Pepper Steak Menu B: Chicken Tenders Corn Nuggets, Normandy Vegetables, Carrot Raisin Salad, Wheat Roll, Seasonal Fruit.
Dates: 05/24, 07/05, 08/16	Dates: 05/25, 07/06, 08/17	Dates: 05/26, 07/07, 08/18	Dates: 05/27, 07/08, 08/19	Dates: 05/28, 07/09, 08/20
Menu A: Beef Lasagna Menu B: Cheese Ravioli w/Meatsauce Italian Green Beans, Garlic Roll, Chunky Fruit Medley, Vanilla Pudding.	Menu A: Beef & Pasta Casserole Menu B: Lemon Pepper Cod Yam Patties, Brocc/Cauliflower/Carrot Salad, Melon Cubes, Frosted Cake.	Menu A: Grilled Oregano Chicken Menu B: Beef Tips and Gravy Pasta, Egg Noodles, Wax Beans, Wheat Roll, Applesauce, Angel Food Cake.	Menu A: Pork Roast Menu B: Honey Garlic Chicken Brown Gravy, Mashed Potatoes, Brussel Sprouts, Cottage Cheese and Tomato Salad, Peaches.	Menu A: Baked Chicken Menu B: BBQ Riblet Cornbread Dressing, Green Peas, Wheat Roll, Gelatin Parfait, Fresh Fruit.
Dates: 05/31 (Memorial Day), 07/12, 08/23	Dates: 06/01, 07/13, 08/24	Dates: 06/02, 07/14, 08/25	Dates: 06/03, 07/15, 08/26	Dates: 06/04, 07/16, 08/27
Menu A: Roast Turkey Menu B: Braised Steak & Tomatoes, Poultry Gravy California Vegetables, Spinach, Three Bean Salad, Chocolate Pudding.	Menu A: Citrus Baked Chicken Menu B: Meatloaf Mashed Sweet Potato, Seasoned Green Beans, Seasonal Fruit, Orange Dreamsicle Cake.	Menu A: Turkey Spaghetti Menu B: Roast Pork Loin Squash Medley, Garden Salad, Garlic Roll, Dressing, Rosy Applesauce.	Menu A: Baked Chicken Menu B: Potato Crunch Fish Rosemary Roasted Potatoes, Peas and Carrots, Tropical Fruit Salad, Pineapple Cream Cake.	Menu A: Chicken Salad on Leaf Lettuce Menu B: Ham Salad Green Pea Salad, Cuc/Tom/Onion Salad, Wheat Roll Ambrosia Salad, Baked Cookie.

