

# MEALS ON WHEELS MENU CHOICES FOR AUGUST 5, 2019 –DECEMBER 06, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates: 08/05, 09/16, 10/28	Dates: 08/06, 09/17, 10/29	Dates: 08/07, 09/18, 10/30	Dates: 08/08, 09/19, 10/31	Dates: 08/09, 09/20, 11/01
<b>Menu A:</b> Beef Pasta Bake <b>Menu B:</b> Cranberry Chicken Mashed Sweet Potato, Roasted Herb Tomatoes, Pineapple Tidbits, Coconut Cake	<b>Menu A:</b> Chicken Tenders <b>Menu B:</b> Beef Steak Fingers Mashed Potatoes, Cream gravy, Corn O'Brien, Green Pea Salad, Mandarin Oranges & Cherries	<b>Menu A:</b> Santa Fe Pork Cutlet <b>Menu B:</b> Grilled Chicken Patty White Beans, Seasoned Spinach, Kale Crunch Salad w/Fruit cocktail, Butterscotch Pudding	<b>Menu A:</b> Beef Pasta Casserole <b>Menu B:</b> Chicken Parmesan Egg Noodles, Italian Green Beans, Garden Salad, Garlic Bread, Cookie	<b>Menu A:</b> Crunchy Baked Fish <b>Menu B:</b> Beef Tips w/brown gravy Rice Pilaf, Seasoned Zucchini, Black-eyed Pea Salad, Chocolate Mousse
Dates: 08/12, 09/23, 11/04	Dates: 08/13, 09/24, 11/05	Dates: 08/14, 09/25, 11/06	Dates: 08/15, 09/26, 11/07	Dates: 08/16, 09/27, 11/08
<b>Menu A:</b> Stuffed Pepper Casserole <b>Menu B:</b> BBQ Chicken Breast Potato Wedges, Seasoned Broccoli, Poke Cake, Yogurt	<b>Menu A:</b> Beef Stroganoff <b>Menu B:</b> Smoked Sausage Parsley Noodles, Brussels Sprouts, Three Bean Salad, Angel Food Cake w/Strawberry Topping	<b>Menu A:</b> Pork Steak Fritter <b>Menu B:</b> Chicken Fritter Black-eyed Peas, Seasoned Greens, Carrot Raisin salad, Tropical Fruit Salad	<b>Menu A:</b> Chicken Stir Fry <b>Menu B:</b> Sweet & Sour Pork Oriental Vegetables, Vegetable Egg Roll, Blushing Pears, Fortune Cookie	<b>Menu A:</b> Taco <b>Menu B:</b> Bean & Cheese Burrito w/Shred Lettuce & Chopped Tomato & Cheese, Pinto Beans, V-8 Juice, Escalloped Peaches
Dates: 08/19, 09/30, 11/11	Dates: 08/20, 10/01, 11/12	Dates: 08/21, 10/02, 11/13	Dates: 08/22, 10/03, 11/14	Dates: 08/23, 10/04, 11/15
<b>Menu A:</b> Salmon Patty <b>Menu B:</b> Salisbury Steak Garden Blend Rice, Buttered Carrots, Cinnamon Applesauce, Chocolate Pudding	<b>Menu A:</b> Rosemary Chicken Breast <b>Menu B:</b> Baked Ham Yam Patties, French Cut Green Beans, Marinated Mushroom Salad, Pineapple Chunks	<b>Menu A:</b> Beef & Pasta Casserole <b>Menu B:</b> Cheese Enchiladas Zucchini, Mixed Vegetables, Garden Salad w/dressing, Fresh Fruit	<b>Menu A:</b> BBQ Riblet <b>Menu B:</b> Breaded Pork Chop Chuckwagon Corn, Squash Medley, Beet Salad, Angel Food Cake	<b>Menu A:</b> Cilantro Lime Chicken <b>Menu B:</b> Roast Beef Mashed Potatoes, Seasoned Green Beans, Marinated Black Bean Salad, Fruit Cup
Dates: 08/26, 10/07, 11/18	Dates: 08/27, 10/08, 11/19	Dates: 08/28, 10/09, 11/20	Dates: 08/29, 10/10, 11/21	Dates: 08/30, 10/11, 11/22
<b>Menu A:</b> Turkey Ham <b>Menu B:</b> Braised Swiss Steak Herbed Red Potatoes, Carrots, Kale Salad, Fresh Fruit	<b>Menu A:</b> Lemon Pepper Chicken <b>Menu B:</b> Meatloaf w/gravy Rice Pilaf, Seasoned Greens, Pasta Salad, Banana Pudding w/Wafers	<b>Menu A:</b> Chicken Fajitas <b>Menu B:</b> Steak Ranchero Green Pepper & Onions, Spanish Rice, Pinto Beans, Lettuce & Tomato Salad w/Ranch Dressing, Flour Tortilla, Mandarin Oranges	<b>Menu A:</b> Spaghetti w/meat sauce <b>Menu B:</b> Cheese Ravioli w/Meat sauce Peas & Carrots, Garlic Bread, Diced Pears, Sugar Cookie	<b>Menu A:</b> Crunchy Baked Fish <b>Menu B:</b> Pork Roast Macaroni & Cheese, Baby Carrots w/Ranch Dressing, Spinach Salad, Peach Cobbler
Dates: 09/02 Labor Day, 10/14, 11/25	Dates: 09/03, 10/15, 11/26	Dates: 09/04, 10/16, 11/27	Dates: 09/05, 10/17, 11/28 Thanksgiving Day	Dates: 09/06, 10/18, 11/29
<b>Menu A:</b> Beef Goulash <b>Menu B:</b> Potato Crusted Cod Corn Nuggets, Okra and Tomatoes, Pasta Salad, Yogurt	<b>Menu A:</b> Baked Chicken <b>Menu B:</b> Grilled Sausage Cornbread Dressing, Broccoli, Chop-Chop Salad, Cookie	<b>Menu A:</b> Chicken Enchilada Bake <b>Menu B:</b> Beef Fajita Tips Spanish Rice, Pinto Beans, Shed Lettuce & Chop Tomato, Flour Tortilla, Pears	<b>Menu A:</b> Sloppy Joe on Bun <b>Menu B:</b> Pulled Pork on Bun Pork & Beans, French Fries, Cinnamon Peaches, Pound Cake	<b>Menu A:</b> Chicken Salad on Lettuce <b>Menu B:</b> Tuna Macaroni Salad Cottage Cheese, Potato Salad, Carrot & Pineapple Salad, Saltine Crackers, Apricots
Dates: 09/09, 10/21, 12/02	Dates: 09/10, 10/22, 12/03	Dates: 09/11 10/23, 12/04	Dates: 09/12, 10/24, 12/05	Dates: 09/13, 10/25, 12/06
<b>Menu A:</b> Pork Cutlet w/Brown Gravy <b>Menu B:</b> BBQ Chicken Breast Au Gratin Potatoes, Braised Red Cabbage, Green Pea Salad, Sugar Free Pudding	<b>Menu A:</b> Oven Fried Chicken <b>Menu B:</b> Country Fried Steak w/Cream Gravy, Potato Wedge Fries, Broccoli, Gelatin, Fresh Banana	<b>Menu A:</b> Chicken Stew <b>Menu B:</b> Beef Tips w/Brown Gravy Corn & Carrots, Cornbread, Summer Fruit Cup, Pound Cake	<b>Menu A:</b> Chicken & Dumplings <b>Menu B:</b> Hamburger Steak w/Gravy Baby Carrots, Zucchini, Corn & Black Bean Salad, Fresh Fruit	<b>Menu A:</b> Beef Cabbage Roll <b>Menu B:</b> Potato Crusted Fish Spinach, Cauliflower, Pickled Beet Salad, Cookie

