




Meals on Wheels

\*Luncheon Menu (served every Tuesday and Thursday)\*

PLEASE CALL THE CENTER THE DAY BEFORE TO RESERVE YOUR SPOT

\*\*\*(435)654-4920\*\*\*

2023

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   | <p><b>1</b></p> <p><b>BEEF RAVIOLI</b>, corn, cottage cheese, pears &amp; roll</p> <p><b>HOT BEEF SANDWICH</b>, potatoes &amp; gravy, salad w/ ranch &amp; mixed</p>   | <p><b>2</b></p> <p><b>CREAMY CHICK-EN PASTA</b>, green beans, orange wedge, cookie &amp; roll</p>                | <p><b>3</b></p> <p><b>FISH</b>, au gratin potatoes, carrots, tater sauce, applesauce &amp; roll</p> <p><b>SEASONED BAKED CHICKEN</b>, rice pilaf, carrots, mandarin oranges</p>  | <p><b>4</b></p> <p><b>CLOSED for Fair Days</b></p>  |
| <p><b>7</b></p> <p><b>CHICKEN STRIPS</b>, potatoes &amp; gravy, peas, banana, &amp; roll</p>            | <p><b>8</b></p> <p><b>HAM WRAP</b>, potato salad, apple slices &amp; chips</p> <p><b>ROAST PORK</b>, potatoes &amp; gravy, mixed vegetables, applesauce &amp; roll</p>   | <p><b>9</b></p> <p><b>BEEF STROGANOFF</b>, green beans, tropical fruit &amp; roll</p>                            | <p><b>10</b></p> <p><b>CHICKEN PARMESAN</b>, red potatoes, corn, peaches &amp; roll</p> <p><b>HAM WRAP</b>, potato salad, apple slices &amp; chips</p>   | <p><b>11</b></p> <p><b>MEATLOAF</b>, potatoes &amp; gravy, carrots, pears &amp; roll</p>   |
| <p><b>14</b></p> <p><b>CHICKEN CUTLET</b>, potatoes &amp; gravy, peas, mixed fruit &amp; roll</p>       | <p><b>15</b></p> <p><b>BEEF STEW</b>, tater tots, green beans, peaches &amp; roll</p>  <p><b>BREAKFAST</b>, hash browns, eggs, bacon, pastries, fruit, juice/milk</p> | <p><b>16</b></p> <p><b>ROAST BEEF</b>, potatoes &amp; gravy, carrots, applesauce &amp; roll</p>                  | <p><b>17</b></p> <p><b>MANDARIN ORANGE CHICKEN</b> over RICE, stir fry vegetables, egg roll, pineapple chunks &amp; roll</p> <p><b>HAMBURGER COOK OUT</b> w/ trimmings, baked beans &amp; watermelon</p>  | <p><b>18</b></p> <p><b>TURKEY SANDWICH</b>, potato salad, mandarin orange &amp; chips</p>  |
| <p><b>21</b></p> <p><b>SALISBURY STEAK</b>, potato, carrots, peaches &amp; roll</p>                     | <p><b>22</b></p> <p><b>CHICKEN SALAD</b> w/ranch, grapes &amp; crackers</p> <p><b>NAVAJO TACO</b> w/ CHILLI, cheese, lettuce, Denver mix, tomatoes &amp; cantaloupe</p>  | <p><b>23</b></p> <p><b>BEEF &amp; RICE MEDLEY</b>, green beans, cottage cheese, pears &amp; roll</p>             | <p><b>24</b></p> <p><b>CHEESE ENCHILADA</b>, tater tots, beans, orange wedge, salsa &amp; chips</p> <p><b>BOX LUNCH, CHICKEN CROSS-INT</b>, potato salad &amp; fruit</p>   | <p><b>25</b></p> <p><b>CHICKEN CORDON BLEU</b>, potatoes &amp; gravy, peas &amp; carrots, mixed fruit &amp; roll</p>                   |
| <p><b>28</b></p> <p><b>BBQ RIBLET</b>, mac &amp; chees, pork-n-beans, applesauce, cookie &amp; roll</p> | <p><b>29</b></p> <p><b>COUNTRY FRIED STEAK</b>, potatoes &amp; gravy, green beans, pears &amp; roll</p> <p><b>FISH</b>, potatoes &amp; gravy, mixed vegetables &amp; pears</p>   | <p><b>30</b></p> <p><b>CRUNCH TOP HAM &amp; POTATO CASSEROLE</b>, mixed vegetable, tropical fruit &amp; roll</p> | <p><b>31</b></p> <p><b>SEASONED BAKED CHICKEN</b>, rice pilaf, carrots, peaches &amp; roll</p> <p><b>LASAGNA</b>, corn, green salad w/ ranch, mandarin oranges, garlic toast</p>   |  |