



Meals on Wheels

Luncheon Menu (served every Tuesday and Thursday)



2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed</p> 	<p>3</p> <p>STUFFED GREEN PEPPERS, potatoes & gravy, corn, pears & roll</p> <p>CHICKEN MALIBU, potatoes & gravy, green beans & pineapple</p>	<p>4</p> <p>BEEF STROGANOFF over NOODLES, green beans, peaches & roll</p>	<p>5</p> <p>BEEF CHOW MEIN over NOODLES, fried rice, egg roll, orange wedge & roll</p> <p>HOT BEEF SANWICH, potatoes & gravy, green salad & mandarin oranges</p>	<p>6</p> <p>FISH, potatoes & gravy, peas & carrots, applesauce & roll</p>
<p>9</p> <p>CHICKEN STRIP, potatoes & gravy, green beans, orange wedge & roll</p>	<p>10</p> <p>BEANS & FRANKS, tator tots, mac & cheese, mixed vegetables & roll</p> <p>LASAGNA, corn, cottage cheese, pears & garlic toast</p>	<p>11</p> <p>SPAGETTI w/MEAT SAUCE, corn, cottage cheese, pears & garlic toast</p>	<p>12</p> <p>TUNA CASSEROLE, peas, banana & roll</p> <p>MACARONI & BEEF SOUP, pigs in a blanket & mixed fruit</p>	<p>13</p> <p>CREAM OF POTATO SOUP, chicken nuggets, peas & carrots, peaches & roll</p>
<p>16</p> <p>Closed</p> 	<p>17</p> <p>SALISBURY STEAK, potatoes, carrots, mixed fruit & roll</p> <p>SALISBURY STEAK, potatoes, carrots & pear</p>	<p>18</p> <p>ROAST PORK, potatoes & gravy, mixed vegetables, applesauce & roll</p>	<p>19</p> <p>CHICKEN FRIED STEAK, potatoes & gravy, green beans, peaches & roll</p> <p>CHICKEN PARMESAN, red potatoes, broccoli & tropical fruit</p>	<p>20</p> <p>MANDARIN ORANGE CHICKEN over RICE, stir fry vegetables, egg roll, orange wedge & roll</p>
<p>23</p> <p>CHICKEN CUTLET, potatoes & gravy, peas, peaches & roll</p>	<p>24</p> <p>BEEF STEW, tri-patty potato, green beans, pears & roll</p> <p>BREAKFAST, hash browns, eggs, bacon, pancakes, fruit, juice/milk</p>	<p>25</p> <p>BEEF & RICE MEDLEY, carrots, mixed fruit & roll</p>	<p>26</p> <p>CHICKEN PARMESAN, red potatoes, corn, orange wedge & roll</p> <p>SLOPPY JOES, w/ trimmings</p>	<p>27</p> <p>PORK CHOP, potatoes & gravy, mixed vegetables, applesauce & roll</p>
<p>30</p> <p>CHICKEN CORDON BLEU, potatoes & gravy, peas, peaches & roll</p>	<p>31</p> <p>RAVIOLI, corn, cottage cheese, pineapple & roll</p> <p>FISH, potato, mixed vegetables & peaches</p>			

