

# MEALS ON WHEELS

## August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>DAILY SNACKS</u></b> Cheese Sticks Carrot Sticks Cheese & Crackers Cottage Cheese Graham Crackers Lorana Doones (Cookies)			<b>** cold meal** 1</b> <b><u>TUNA SALAD</u></b> with Sandwich Bun Coleslaw Blueberry Muffin <i>alt: chicken salad sandwich</i>	<b>2</b> <b><u>HAMBURGER</u></b> Bun, Ketchup, Mustard Lettuce and Tomato Baked Beans Watermelon
<b>5</b> <b><u>TURKEY MEATLOAF</u></b> Mashed Potatoes Green Beans Dinner Roll & Butter Diced Pineapple	<b>6</b> <b><u>FISH TACO BOWL</u></b> Spanish (brown) Rice Corn and Bean Salsa Zucchini Fruit Cup <i>alt: chicken taco bowl</i>	<b>7</b> <b><u>ROSEMARY CHICKEN</u></b> Roasted Potatoes Assorted Vegetables Dinner Roll & Butter Diced Peaches	<b>8</b> <b><u>MACARONI &amp; CHEESE</u></b> Vegetable Blend Mandarin Oranges	<b>9</b> <b><u>SALISBURY STEAK</u></b> Egg Noodles & Gravy Diced Carrots Fresh Fruit Mix
<b>12</b> <b><u>BREAKFAST HASH</u></b> Turkey Sausage Diced Pears English Muffin & Butter	<b>13</b> <b><u>GREEK CHICKEN</u></b> with Pasta Zucchini Fruit Cup	<b>14</b> <b><u>TUNA MELT</u></b> Served on Whole Wheat Bread Peas and Carrots Fresh Grapes <i>alt: chicken melt</i>	<b>15</b> <b><u>BEEF LASAGNA</u></b> Steamed Broccoli Side Salad with Dressing Fruit Cup	<b>16</b> <b><u>LATIN-INSPIRED PORK</u></b> Red Beans and Rice Sweet Corn Fresh Apple Slices <i>alt: latin-inspired chicken</i>
<b>19</b> <b><u>BBQ PORK SANDWICH</u></b> with Wheat Bun Sweet Corn Warm Diced Peaches <i>alt: BBQ chicken sandwich</i>	<b>20</b> <b><u>LEMON GARLIC TILAPIA</u></b> Brown Rice Pilaf Peas and Carrots Tartar Sauce Fresh Fruit Mix <i>alt: lemon garlic chicken</i>	<b>** cold meal** 21</b> <b><u>CHICKEN CAESAR SALAD</u></b> Garlic Bread Fruit Cup	<b>22</b> <b><u>CHILI MAC CASSEROLE</u></b> Baked Apples Green Beans Fruit Cup	<b>23</b> <b><u>PINEAPPLE CHICKEN</u></b> Brown Rice Steamed Broccoli Fruit Cup
<b>26</b> <b><u>BAKED HAM</u></b> Mashed Potatoes Brussel Sprouts Dinner Roll & Butter Diced Peaches <i>alt: baked chicken</i>	<b>27</b> <b><u>CUBAN BEEF</u></b> Black Beans and Rice Diced Carrots Fruit Cup	<b>28</b> <b><u>TURKEY TACO BOWL</u></b> Spanish Rice Corn and Bean Salsa Fruit Cup	<b>** cold meal** 29</b> <b><u>SUMMER CHICKEN PASTA</u></b> Tropical Fruit Cup Garlic Toast	<b>30</b> <i>Labor Day</i> <b>BBQ</b>