



Meals on Wheels menu

June 2018

Mon	Tues	Wed	Thur	Fri
				Paprika chicken with gravy 1 English peas Cucumber and tomato salad Yellow rice Applesauce Beverage
Chipped BBQ chicken sandwich on whole wheat bun Cole slaw Baked beans Spiced apples Beverage 4	Vegetable beef stew Tossed salad with dressing Rice Peach cobbler Beverage 5	Paprika chicken with gravy Italian green beans Creamed potatoes Oatmeal cookie Beverage 6	Turkey sandwich with cheese, lettuce, tomato, onion, mayonnaise, and mustard on roll Three bean salad Banana Beverage 7	Lemon baked fish with tartar sauce Stewed tomatoes and okra Cole slaw Grits Fruit cup Beverage 8
Salisbury steak with gravy 11 Mashed potatoes Brussels sprouts Fruit cup Beverage	Chicken and dumplings 12 Peas and carrots Tossed salad with dressing Fresh fruit Beverage	Smoked sausage with peppers and onions 13 Field peas Cabbage Rice Diced peaches Beverage	Baked chicken with mushroom gravy 14 Green beans Tossed salad with dressing Rice pilaf Apple cobbler Beverage	Hamburger with lettuce, tomatoes, onion, ketchup, mayo, mustard on whole wheat hamburger bun 15 Baked beans Fresh fruit Beverage
Pepper steak with gravy 18 Green beans Steamed carrots Rice Fresh fruit Beverage	Spaghetti w/meat sauce 19 Tossed salad with dressing Garlic bread Fresh banana pudding with wafers Beverage	Roast beef au jus 20 Rutabagas Lima beans Rice Gelatin with fruit Beverage	Oven baked chicken with gravy 21 Black-eyed peas Greens Corn muffin with margarine Oatmeal cookie Beverage	BBQ riblet sandwich on roll 22 Cole slaw Mixed vegetables Fresh fruit Beverage
Pork chop 25 Steamed cabbage Creamed & whole kernel corn Whole wheat roll with margarine Gelatin with fruit Beverage	Chicken fricassee 26 Tossed salad with dressing Steamed squash with onions Rice Fresh fruit Beverage	Spaghetti with meat sauce 27 Cole slaw Steamed broccoli Garlic bread Apple cobbler Beverage	Salisbury steak with gravy 28 Mashed potatoes Green beans Whole wheat roll Orange Beverage	Paprika chicken w/gravy 29 English peas Cucumber and tomato salad Yellow rice Applesauce Beverage

*Menu subject to market availability

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