



Meals on Wheels menu August 2018

Mon	Tues	Wed	Thur	Fri
		Hamburger on whole wheat bun with lettuce, tomato, onion, ketchup, mustard, mayonnaise Baked beans Fresh fruit Beverage	BBQ chicken Turnip greens Tossed salad with French dressing Baked macaroni and cheese Fruit cup Beverage	Roast beef with gravy Harvard beets Green beans Yellow rice Yogurt Beverage
BBQ pulled pork Black-eyed peas Collard greens Corn muffin with margarine Fresh fruit Beverage	Baked chicken with gravy Summer squash Green beans Brown rice Banana pudding Beverage	Spaghetti in meat sauce Steamed broccoli Tossed salad with Italian salad dressing Gelatin with fruit Beverage	Sausage with peppers and onions Cabbage Field peas Rice Yogurt Beverage	Chicken salad sandwich on whole wheat bun with lettuce, tomato Potato salad Fresh fruit Beverage
Oven-baked ham Lima beans Collard greens Whole wheat roll with margarine Fresh fruit Beverage	Lemon herb chicken Whole kernel and creamed corn Stewed tomatoes Rice Fruit cup Beverage	Riblet sandwich on a hoagie roll Potato wedges Tomato and cucumber salad Cookie Beverage	Beef stew Peas and carrots Tossed salad with dressing Brown rice Cinnamon applesauce Beverage	Herb baked fish with tartar sauce Baked beans Cole slaw Whole wheat roll w/margarine Fresh fruit Beverage
Beef Stroganoff Lima beans Sliced carrots Apple crisp Beverage	BBQ chicken Scalloped potatoes Broccoli Whole wheat roll Fresh fruit Beverage	Sausage with peppers and onions Peas Cabbage Rice Cookie Beverage	Chicken fricassee Turnip greens Mixed veggies Cornbread muffin with margarine Yogurt Beverage	Salisbury steak with gravy Mashed potatoes Steamed broccoli Whole wheat roll with margarine Peach cobbler Beverage
Tuna salad with lettuce and tomato Potato salad Crackers Apple Beverage	Chicken tetrazzini Peas and carrots Squash Oatmeal cookie Beverage	Hamburger on whole wheat bun with lettuce, tomato, onion, ketchup, mustard, mayonnaise Baked beans Fresh fruit Beverage	BBQ chicken Turnip greens Tossed salad with French dressing Baked macaroni and cheese Fruit cup Beverage	Roast beef with gravy Harvard beets Green beans Yellow rice Yogurt Beverage

*Menu subject to market availability

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