

Meals on Wheels
AUGUST 2017 MENU
970-667-0311

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31. Spaghetti and Meatballs with Marinara Sauce Garlic Bread Italian Vegetables Milk Three Bean Salad Frozen Creamy Orange Gelatin	1. Roast Pork with Mango Chutney Couscous with Cranberries Broccoli Bread, Milk Banana	2. Chicken Pot Pie Hot Fruit Compote Buttered Peas Bread, Milk Orange	3. Hamburger with Pickles, Lettuce, Tomato, Mustard, Ketchup Oven Browned Potatoes Green Beans with Red Peppers Bun, Milk Watermelon	4. Beef Stroganoff over Noodles Curried Peaches Peas and Carrots Bread, Milk Tropical Fruit Salad
7. Salisbury Steak Mashed Potatoes with Gravy Glazed Beets Bread, Milk Orange	8. Baked Fish with Lemon Caper Sauce Brown Rice Pilaf California Vegetables Bread, Milk Peaches	9. Turkey Apricot Rice Salad Broccoli Salad Tropical Fruit and Grapes Bread, Milk Zucchini Relish Banana	10. Pork Paprika over Noodles Creamed Peas Cinnamon Apples Bread, Milk Carrot, Pineapple, Orange Salad	11. Oven Browned Chicken Mashed Potatoes with Gravy Broccoli Bread, Milk Pineapple
14. BBQ Chicken Sandwich Oven Browned Potatoes Green Beans with Red Peppers Bun, Milk Tropical Fruit Salad	15. Chili Stuffed Potato, Cheese Parsley Carrots Broccoli Bread, Milk Banana	16. Swedish Meatballs Mashed Potatoes with Gravy California Vegetables Bread, Milk Apple Sparkle Gelatin	17. Curried Chicken over Brown Rice Stir Fry Vegetables Peas with Red Peppers Bread, Milk Plums	18. Roast Pork Loin Mashed Potatoes with Gravy Brussel Sprouts with Onions and Bacon Bread, Milk Applesauce
21. Chicken Parmesan Penne Pasta with Marinara Sauce Italian Vegetables Bread, Milk Pineapple and Mandarin Oranges	22. Sloppy Joe Succotash with Edamame Squash Medley Bread, Milk Orange	23. Curried Chicken Salad on Lettuce Quinoa Salad Marinated Vegetable Salad Bread, Milk Ambrosia	24. Baked Fish with Lemon and Tartar Sauce Macaroni and Cheese California Vegetables Bread, Milk Fruit Cocktail	25. Meatloaf Mashed Potatoes with Gravy Buttered Peas Bread, Milk Tropical Fruit Salad
28. Chicken Breast Patty with Roasted Red Pepper Sauce Wild Rice Pilaf Broccoli Bread, Milk Peaches	29. Beef Burrito Smothered with Green Chili Refried Black Beans Green Beans, Carrots and Red Peppers Bread, Milk Tropical Fruit Salad	30. Turkey Zucchini Casserole Garlic Bread California Vegetables Bread, Milk Pineapple	31. Sweet and Sour Chicken over Brown Rice Stir Fry Vegetables Oriental Cabbage Bread, Milk, Plums	

