

July

Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Grab & Go Lunches Available Monday - Friday Pick-up begins at noon \$3 suggested donation Must call 24 hours in advance to reserve a meal: 248.659.1032</p>		<p>1 Salisbury Steak Parsley Potatoes Roasted Brussel Sprouts Romaine Garden Salad Peach Crisp</p>	<p>2 Escaloped Chicken & Noodles Green Beans Cabbage Pineapple Slaw Banana</p>	<p>3  Building Closed</p>
<p>6 Spanish Rice with Meat Key West Vegetable Blend Carrot Salad Whole Wheat Dinner Roll Mixed Fruit Cup</p>	<p>7 Baked Pollock Almondine Oven Browned Potatoes Peas Broccoli Salad Citrus Fruit</p>	<p>8 Stuffed Green Pepper Garlic Mashed Potatoes Garden Salad Coconut Fruit Salad Breadstick</p>	<p>9 Tuscan Chicken Red Skin Potatoes Cole Slaw California Blend Vegetable Roll Apricots</p>	<p>10 Beef Pastie with low sodium gravy Three Bean Salad Zucchini Cole Slaw Ambrosia</p>
<p>13 Turkey Breast Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Mixed Fruit</p>	<p>14 Mostaccioli with Meat Sauce Carrots Spinach Romaine Salad Pear Slices</p>	<p>15 Swedish Meatballs Egg Noodles Scandinavian Blend Crunchy Pea Salad Fruit Salad</p>	<p>16 Pork Chop with Sauerkraut Rosemary Roasted Potatoes Prince Charles Blend Red Grapes</p>	<p>17 Chicken a la King Chive Potatoes Mixed Vegetables Breadstick Fruit Salad</p>
<p>20 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange</p>	<p>21 Baked Garlic Parmesan Chicken Vegetable Rice Pilaf Cole Slaw Breadstick Red Apple</p>	<p>22 Macaroni & Cheese Herbed Green Beans Romaine Garden Salad Corn Muffin Fruit Cocktail</p>	<p>23 Chinese Chicken Casserole Carrot Salad Oriental Blend Noodle Chow Mein Red Grapes</p>	<p>24 Italian Lasagna Green Beans Romaine Garden Salad Fruit Medley</p>
<p>27 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie</p>	<p>28 Baked Cod Baked Potato Broccoli Cuts Romaine Garden Salad Vegetable Roll Apricots</p>	<p>29 Sweet & Sour Chicken Brown Rice Romaine Garden Salad Green Beans Spiced Peaches</p>	<p>30 Pork Patty Red Skin Potatoes Key West Vegetable Blend Cole Slaw Applesauce</p>	<p>31 Meatballs Mashed Potatoes Romaine Lettuce Carrots Orange</p>

