

Meals on Wheels July COVID-19 Menu 2021

Tuesday	Wednesday	Thursday	Thursday	Thursday
		7/1/2021 - HOT Rosemary Chicken Meatballs Parmesan Penne Pasta Cauliflower w/ Red Peppers Fresh Apple Wheat Bread Milk	7/1/2021 - FROZEN Alfredo Chicken Meatballs Whole Kernel Corn Diced Beets Dinner Roll Apple Juice Milk	7/1/2021 - FROZEN Meatloaf with Brown Gravy Crispy Cubed Potatoes Green Beans Dinner Roll Orange Juice Milk
7/6/2021 - HOT Margarita Chicken Mexican Rice Broccoli Zee Zee Bar Wheat Bread Milk	7/7/2021 - HOT Baked Chicken w/ Gravy Scalloped Potatoes Braised Carrots Animal Crackers Dinner Roll Milk	7/8/2021 - HOT Beef w/ Vegetable Gravy Seasoned Lentils Green Beans w/ Onions Fresh Orange Wheat Bread Milk	7/8/2021 - FROZEN Cheese Omelet Black Beans Stewed Tomatoes Dinner Roll Raisins Milk	7/8/2021 - FROZEN Baked Chicken Green Peas Brussels Sprouts Dinner Roll Oatmeal Cream Cookie Milk
7/13/2021 - HOT Chicken Meatballs Marinara Penne Pasta Broccoli Oatmeal Cream Cookie Wheat Bread Milk	7/14/2021 - HOT Honey Glazed Chicken Whipped Potatoes Mixed Vegetables Wheat Bread Zee Zee Bar Milk	7/15/2021 - HOT Chicken Broccoli Alfredo Peas & Carrots Country Tomatoes Fresh Apple Texas Bread Milk	7/15/2021 - FROZEN Beef with Cream Gravy Roasted Sweet Potatoes Green Beans Dinner Roll Orange Pineapple Juice Milk	7/15/2021 - FROZEN Teriyaki Chicken Sugar Snap Peas Japanese Vegetables Dinner Roll Fudge Cream Cookie Milk
7/20/2021 - HOT Creole Beef Patty Cajun Rice Spinach Fresh Apple Wheat Bread Milk	7/21/2021 - HOT Breaded Fish Filet Whipped Potatoes Spring Vegetables Graham Crackers Wheat Bread Milk	7/22/2021 - HOT Soft Beef Taco Charro Beans Beef Braised Carrots Apple Cinnamon Bar Taco Sauce Milk	7/22/2021 - FROZEN Beef with Rosemary Gravy Black-Eyed Peas Spinach Dinner Roll Apple Juice Milk	7/22/2021 - FROZEN Cranberry Chicken Lima Beans Whole Kernel Corn Dinner Roll Nutty Buddy Bar Milk
7/27/2021 - HOT Thai Chili Pork Patty* Fried Rice Japanese Vegetables Fresh Apple Wheat Bread Milk	7/28/2021 - HOT Swiss Steak Garlic Whipped Potatoes Green Beans Lemon Gelatin w/ Pineapple Dinner Roll Milk	7/29/2021 - HOT Cheesy Chicken Macaroni Broccoli Parsley Carrots Strawberry Cereal Bar Wheat Bread Milk	7/29/2021 - FROZEN Beef with Onion Gravy Crispy Cubed Potatoes Green Beans Dinner Roll Orange Juice Milk	7/29/2021 - FROZEN Baked Chicken Pinto Beans Sliced Carrots Dinner Roll Fig Bar Milk

Note: *contains pork

*** During COVID-19, deliveries will take place only on Tuesdays and Thursdays in order to keep everyone as safe as possible. ***