



## Meals on Wheels Sample Menu

Monday	Tuesday	Wednesday	Thursday (Veg Opt)	Friday (GF)
<b>2 (GF)</b>	<b>3</b>	<b>4</b>	<b>5 (GF)</b>	<b>6</b>
Glazed Chicken <b>OR Glazed Ham (high Sodium)</b> Baked Potato Fresh Vegetable Salad Cup Sour Cream Packet Peanut Butter Cookie	Chicken & Dumplings Salad Cup Spiced Apples	Turkey Melt with Caramelized Onions Oven Fries Green Salad 7-Layer Bars <b>RCD:</b> Chocolate Coconut Shortbread	Beef Pot Roast w/Gravy <b>OR</b> Red Beans & Rice Fresh Vegetable Green Salad Spice Cake w/Cream Cheese Icing <b>RCD:</b> No Icing	Chicken & Rice <b>OR</b> Tuna Noodle Casserole Salad Cup Lemon No-Bake Cheesecake <b>RCD:</b> Lemon Yogurt w/Strawberries
<b>9</b>	<b>10</b>	<b>11 (GF)</b>	<b>12</b>	<b>13 (GF)</b>
Turkey Chili w/Cheese <b>OR</b> No Cheese Steamed Rice Salad Cup Chocolate Pudding <b>RCD:</b> Coconut Pudding	Glazed Meatloaf Scalloped Potatoes Fresh Vegetable Salad Cup Blueberry Streusel Cake <b>RCD:</b> Whole Wheat Blueberry Muffin	Honey-Glazed Chicken Wings <b>OR</b> Lemon-Poached Whitefish Rice Pilaf Fresh Vegetable Green Salad Peaches	Egg & Pork Sausage Bake <b>OR</b> Cheese & Broccoli Breakfast Bake American Fries Green Salad Yellow Cake w/Lemon Icing <b>RCD:</b> No Icing	Sloppy Joes Roasted Potatoes Fresh Vegetable Bun Salad Cup Berry Cobbler <b>RCD:</b> Berry Crumble
<b>16 (GF)</b>	<b>17 (GF)</b>	<b>18</b>	<b>19</b>	<b>20 (GF)</b>
Salisbury Steak w/Gravy Whipped Potatoes Fresh Vegetable Salad Cup Whole Wheat Chocolate Chip Cookie	Slow-Roasted Pork <b>OR</b> Baked Salmon Buttered Noodles Fresh Vegetable Salad Cup Mango	Southern-Style Smothered Chicken Over Herbed Rice Fresh Vegetable Green Salad Chocolate Cheesecake Bars <b>RCD:</b> Chocolate Graham Crackers	Spaghetti w/Meat Sauce <b>OR</b> Pasta w/Squash & Walnuts Fresh Vegetable Green Salad Parmesan Packet Peach Raspberry Pie <b>RCD:</b> Peaches & Cream	Roast Chicken w/Gravy Whipped Potatoes Fresh Vegetable Salad Cup Carrot Cake w/Cream Cheese Icing <b>RCD:</b> No Icing
<b>23</b>	<b>24</b>	<b>25 (GF)</b>	<b>26</b>	<b>27 (GF)</b>
Beef Stroganoff w/Mushrooms <b>OR NO</b> Mushrooms Egg Noodles Fresh Vegetable Salad Cup Vanilla Pudding w/Berry Compote <b>RCD:</b> Mixed Berries	Shepherd's Pie Salad Cup Cinnamon Cocoa Brownies <b>RCD:</b> Oatmeal Chocolate Chip Cookie	BBQ Chicken <b>OR</b> BBQ Pork Rib Tips Creamy Grits Collard Greens Green Salad Banana	Chicken Chow Mein <b>OR</b> Veggie Chow Mein Steamed Rice Stir-Fried Vegetables Green Salad Fortune Cookie Apple Crisp <b>RCD:</b> Applesauce	Chicken Taco w/Flour Tortilla <b>OR</b> Corn Tortilla (GF) Spanish Rice Fresh Vegetable Salad Cup Cranberry Streusel Bar <b>RCD:</b> Cranberry Almond Granola Bar
<b>30 Vegetarian</b>				
Eggs Florentine <b>OR Eggs Benedict w/Canadian Bacon (high sodium)</b> English muffin included Hash Browns Fruit Salad Cup Chocolate Mousse <b>RCD:</b> Banana Chocolate Chip Bread				