

LUNCH MENU • JULY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 CLOSED Happy 4th of July!	6 BBQ Chicken Breast 18 Parsley Potatoes 20 Green Beans 6 Pineapple Chunks 11 Peas & Peanuts 10 Hawaiian Roll 19	7 Potato Crunch Pollock 13 Baked Potato 18 Broccoli 6 Raspberry Cake 36 Chocolate Milk 20	8 Pork Chop Suey 19 Brown Rice 17 Carrots 8 Pear 23 Butter Croissant 9 Fortune Cookie 3	9 Cheddar Burger w/ Fried Onions 3 Bun 25 Lettuce, Tomato & Onion 8 Roasted Red Potatoes 16 Cukes 'n Vinegar 8 Fresh Strawberries & Blueberries 11
12 Fish Tenders 22 Broccoli 6 Fresh Potato Salad 16 Red Grape Pack 8 Snickerdoodle Cookie 18	13 Philly Sloppy Joe w/ Bun 31 Ranch Potatoes 17 Carrots 8 Sliced Apples 14 Chocolate Chip Cookie 13	14 Ginger Chicken & Asparagus 14 Brown Rice 25 Malibu Blend Veggies 6 Pineapple Chunks 11 Petit Pain Roll 25	15 Roast Pork 1 / Gravy 4 Mashed Potatoes 16 Caribbean Blend Veggies 7 Fresh Pear 23 Wheat Roll 15	16 Chicken Ranch Sandwich 34 Creamy Bacon Dressing 1 Roasted Asparagus 2 Macaroni Salad 23 Molded Orange Salad 20
19 French Dip Sandwich w/ Au Jus 34 Pepper, Onion Potatoes 16 Apple 21 Pineapple Delight 15	20 Grilled Stuffed Salmon 19 Orzo 21 Northwest Blend 8 Fresh Pear 23 Savory Garlic Bread 15	21 Ham Steak 5 Pineapple Sauce 8 Parsley Potatoes 20 Green Beans 6 Fresh Strawberries 7 Donut 23	22 Caprese Chicken 2 Normandy Blend Veggies 4 Banana 27 Bowtie Pasta 20 Brownie 24	23 Picnic Day Hot Dog 6/ Bun 19 Baked Beans 22 Potato Salad 16 Melon Mix 9 Strawberry Angel Food Shortcake 41
26 Pork & Sage Sausage 3 Peppers & Onions 7 Red Potatoes 20 Apple 21 Multi-Grain Swirl Bread 23	27 Chicken Bowl 42 Green Beans 6 Tropical Fruit 13 Cukes 'n Vinegar 8	28 Pub Burger 2 Hamburger Bun 25 Brussel Sprouts 8 Potato Salad 16 Apricots 17	29 Baked Cod 4 / Tartar Sauce Cheesy Potatoes 20 (Mac & Cheese 12 - in Coleman) Malibu Blend 6 Fresh Strawberries 7 Key Lime Coconut Sheet Cake 44	30 Chicken & Vegetable Penne 23 Roasted Zucchini 3 Pears 21 Bread Stick 14 Sugar Cookie 17

Menus subject to change without notice. Meals on Wheels Hotline: Call 633-3789 for changes in delivery by 9 am. Reservations are required. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.