

Meals on Wheels MENU • JULY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 CLOSED Happy 4th of July!	6 Turkey & Provolone 2 Flat Bread 24 German Potato Salad 25 Carrot & Celery Sticks 3 Ranch Dipping Cup 5 Fruit Cocktail 16	7 Chef Salad 11 Fresh Strawberries 7 Peaches 14 Glorious Morning Muffin 24	8 Chicken Salad 8 Three Bean Salad 15 Apple 21 Prune Juice 18 Petit Pain Roll 25	9 Simple Egg Salad 5 Marinated California Blend 6 Banana 27 Naan Bread 20 Pineapple Juice 15
12 Dinner Ham 3 Lettuce & Tomato 7 Cranberry Walnut Bread 29 Navy Bean Salad 17 Pineapple Delight 15	13 Oriental Chicken Salad 27 Peas & Peanut Salad 10 Apple 22 Hawaiian Roll 19	14 Ground Turkey Salad 6 Hamburger Bun 25 Lettuce & Tomato 7 Three Bean Salad 15 Triple Berry Parfait 27	15 Tuna Apple Salad 10 Broccoli Raisin Salad 11 Strawberries & Blueberries 11 Clementine 9 Naan bread 20	16 Roast Pork 1 Veggie Bread 27 Carrot & Celery Sticks 3 Confetti Bean Salad 16 Banana 27
19 Chicken Pasta Salad 26 Peas & Peanut Salad 10 Watermelon Feta Salad 9 Hawaiian Roll 19	20 Simple Egg Salad 5 Crackers 16 Marinated California Veggies 6 Pickled Beets 8 Apricots 17	21 Taco Salad 5 Taco Chips 17 Salsa 7 Mango Chunks 14 Blueberry Bran Muffin 34	22 Heavenly Layered Salad 15 Red Beans & Pasta Salad 23 Fresh Peach 15 Petit Pain Roll 25 / Margarine	23 Picnic Day Crispy Oven Chicken 9 Lettuce & Tomato 7 Hamburger Bun 27 Peas & Peanut Salad 10 Kiwi 11
26 Tuna Salad 9 Broccoli Raisin Salad 11 Triple Berry Blend 10 Clementine 9 Butter Croissant 9	27 Ham, Turkey & Cheese 3 Lettuce & Tomato 7 Veggie Bread 27 Fresh Pear 23 Ambrosia Salad 31	28 Mexican Chicken Salad 17 Taco Chips 17 Carrot & Celery Sticks 3 Fruited Gelatin 28 Snickerdoodle Cookie 18	29 Summer Cott Cheese Fruit Plate 33 Peas & Peanut Salad 10 Banana Muffin 36	30 Chicken Salad Avocados 7 Flat Bread 24 Marinated Carrots 9 Banana 27 Apple Juice 13

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.