

Meals on Wheels MENU • AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Pasta Salad 28 Marinated California Veggies 6 Melon 9 Triple Chocolate Cookie 31	2 Turkey & Provolone 2 Lettuce & Tomato 4 Cranberry Walnut Bread 29 Macaroni Salad 23 Orange 14	3 Almond Chicken Salad 10 Carrot & Celery Sticks 3 Canned Prunes 23 Pineapple Juice 15 Naan Bread 20	4 Egg Salad 5 Hamburger Bun 25 Cukes 'n Vinegar 7 Fresh Pear 23	5 Meatloaf 14 Veggie Bread 24 Broccoli Citrus Salad 14 Banana 27
8 Ham & Cheese 3 Tomato & Lettuce 4 Bun 25 Italian Pasta Salad 27 Prune Juice 18	9 Chicken Waldorf Salad 9 Marinated California Blend 6 Peaches 14 Hawaiian Roll 19 Triple Chocolate Cookie 31	10 Summer Cottage Cheese & Fruit Plate 36 Confetti Bean Salad 16 Glorious Morning Muffin 24 Kiwi 11	11 Boiled Eggs 2 Peas & Cheese Salad 12 Grapes 16 Apple 22 Cranberry Walnut Bread 15	12 Tuna Apple Salad 10 Broccoli Raisin Salad 11 Banana 27 Naan Bread 13
15 Ham, Turkey & Cheese 3 Tomato & Lettuce 4 Cranberry Walnut Bread 29 Three Bean Salad 15 Melon 12 Chocolate Chip Cookie 18	16 Almond Lemon Chicken 5 Potato Salad 14 Fruited Gelatin 28 Wheat Crackers 11	17 Tuna Pasta Salad 27 Navy Bean Salad 17 Pineapple Tidbits 13 Petit Pain Roll 25	18 Taco Salad 5 Taco Chips 14 Salsa 6 Blueberries 15 Glorious Morning Muffin 24	19 Turkey & Cheese Veggie Plate 7 Peas & Peanut Salad 10 Banana 27 Rice Pudding 43
22 Chicken Tortellini Salad 25 Marinated Italian Veggies 6 Mandarin Oranges 12 Banana Muffin 36	23 Turkey & Provolone 2 Veggie Bread 24 Potato Salad 14 Carrot & Celery Sticks 3 Fruit Cocktail 16	24 Chef Salad 11 Peas & Cauliflower Salad 12 Orange 14 Triple Chocolate Cookie 31	25 Pork Sandwich 0 Tomato & Lettuce 4 Rye Bread 24 Red Beans & Pasta Salad 23 Pears 14 Carnival Cookie 17	26 Chicken Salad 8 Three Bean Salad 15 Banana 27 Petit Pain Roll 25
29 Dinner Ham 3 Lettuce & Tomato 4 Cranberry Walnut Bread 29 Three Bean Salad 15 Ambrosia Salad 15	30 Tuna Apple Salad 10 Naan Bread 20 Cukes 'n Cream 9 Pear 23	31 Asian Chicken Salad 27 Peas & Peanut Salad 10 Canned Prunes 23 Hawaiian Roll 19	1 <u>SEPTEMBER</u> Heavenly Layered Salad 14 Red Beans & Pasta Salad 23 Peach 15 Petit Pain Roll 25	2 <u>LABOR DAY LUNCH</u> Roast Pork 0 Tomato & Lettuce 4 Veggie Bread 24 Pickled Beets 7 Banana 27 Chocolate Chip Cookie 18

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216
Trailside: (989) 633-3790 • Mills: (989) 633-3788 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.