<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
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<td>5</td>
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<tr>
<td>Pork Chop Suey* over Brown Rice**</td>
<td>Tater Tot Casserole* Stewed Apples* Wheat Sweet Yeast Roll** Grape Cranberry Juice*</td>
<td>4th of July Celebration All American Burger *** Roasted Red Potatoes ** Apple Raisin Coleslaw Red, White and Blue Parfait**</td>
<td>ALL CENTERS CLOSED FOR INDEPENDENCE DAY NO MEALS ON WHEELS DELIVERIES</td>
<td>ALL CENTERS CLOSED NO MEALS ON WHEELS DELIVERIES</td>
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<tr>
<td>Apple Blueberry Crisp** Clementine* Fortune Cookie</td>
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<tr>
<td>Chicken Cordon Bleu* w/ Alfredo Sauce Roasted Red Potatoes** Brussels Sprouts* Fruited Gelatin**</td>
<td>Turkey Burger with Creamy Bacon Dressing, Lettuce, Tomato &amp; Onion** Dilled Carrots* Clementine*</td>
<td>Swedish Meatballs* Mashed Potatoes* California Blend Vegetables Fresh Blueberries* Savory Garlic Bread*</td>
<td>Fiesta Chicken* Spanish Rice* Corn* Kiwi*</td>
<td>Sloppy Joe*** Ranch Potatoes* Green Beans w/Bacon &amp; Onion* Fresh Strawberries*</td>
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<tr>
<td>Creamy Chicken Creamy Chicken Stuffing** Peas* Mandarin Oranges &amp; Pineapple*</td>
<td>BBQ Pork Wings* Roasted Sweet Potatoes w/ Brussels Sprouts* Fresh Strawberries* Lemon White Chocolate Cookie**</td>
<td>Meatloaf* w/Gravy Mashed Potatoes* Peas &amp; Carrots* Malibu Fruit Blend* Multi Grain Swirl Bread**</td>
<td>Chicken Enchiladas*** Spanish Rice* Cucumber &amp; Tomato Salad Clementine*</td>
<td>Baked Spaghetti** California Blend Vegetables Red Grapes* Savory Garlic Bread*</td>
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<tr>
<td>BBQ Chicken Breast* Green Beans Baked Beans** Potato Salad* Kiwi* Apple Juice*</td>
<td>Ginger Chicken &amp; Asparagus* Brown Rice** Peach Crisp* Clementine*</td>
<td>French Dip*** Ranch Potatoes* Cucumber &amp; Tomato Salad Golden Delicious Apple* *Special Menu at Trailside, see pg. 11.</td>
<td>Crispy Pollock Fillet* Macaroni &amp; Cheese Romaine &amp; Leaf Tossed Salad Clementine* French Bread Roll*</td>
<td>BBQ Pulled Pork Sandwich*** Ranch Potatoes* Coleslaw* Strawberries &amp; Blueberries*</td>
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<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>AUGUST</td>
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<tr>
<td>Pork Chop Suey* over Brown Rice** Apple Blueberry Crisp** Clementine* Fortune Cookie</td>
<td>Tater Tot Casserole* Stewed Apples* Wheat Sweet Yeast Roll** Grape Cranberry Juice*</td>
<td>All American Burger *** Roasted Red Potatoes ** Baby Carrot Pack Fruited Gelatin**</td>
<td>Chicken Bowl*** Corn* Strawberries &amp; Blueberries*</td>
<td>Alaskan Pollock Fillet* Cheesy Potatoes** Broccoli w/Cheese Banana**</td>
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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) 282-1622 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.
* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.
## Meals on Wheels Cold MENU • JULY 2024

### MONDAY
1. Almond Lemon Chicken
   - Macaroni Salad**
   - Fresh Pear**
   - Hawaiian Roll*

### TUESDAY
2. Heavenly Chicken Salad*
   - Malibu Fruit Blend*
   - Red Beans & Pasta Salad**
   - Thousand Island Dressing*
   - Croutons

### WEDNESDAY
3. 4th of July Celebration
   - Turkey Sandwich**
   - Corn Salad*
   - Red Delicious Apple*
   - Oatmeal Cookie*

### THURSDAY
4. ALL CENTERS CLOSED
   - FOR INDEPENDENCE DAY
   - NO MEALS ON WHEELS DELIVERIES

### FRIDAY
5. ALL CENTERS CLOSED
   - NO MEALS ON WHEELS DELIVERIES

### MONDAY
6. Egg Salad
   - Confetti Bean Salad*
   - Grape Cranberry Juice*
   - Wheat Sweet Yeast Roll**

### TUESDAY
7. Mexican Chicken Salad
   - Tortilla Chips*
   - Corn Salad*
   - Fresh Plum*
   - Banana Pudding w/ Vanilla Wafers*

### WEDNESDAY
8. Chicken Tortellini Salad**
   - Apple Raisin Carrot Salad*
   - Kiwi*
   - Fruited Gelatin**

### THURSDAY
9. Pork Sandwich**
   - Navy Bean Salad*
   - Strawberries & Blueberries*

### FRIDAY
10. Poppyseed Chicken
    - Pasta Salad***
    - Confetti Bean Salad*
    - Mango & Pineapple*
    - Peanut Butter Cookie*

### MONDAY
11. Fresh Pear**
    - Red Beans & Pasta Salad**
    - Red Delicious Apple*
    - Clementine*

### TUESDAY
12. Red Beans & Pasta Salad**
    - Fresh Pear*
    - Clementine*

### WEDNESDAY
13. Ham Sandwich**
    - Peas & Peanut Salad*
    - Mango & Pineapple*
    - Tomato Juice

### THURSDAY
14. Chicken Waldorf Salad
    - Greek Pasta Salad*
    - Fresh Strawberries*
    - Triple Chocolate Cookie**

### FRIDAY
15. Boiled Eggs
    - Broccoli Citrus Salad*
    - Fresh Pear**
    - Apple Walnut Buttermilk Muffin**

### MONDAY
16. Baked Beans
    - Broccoli Citrus Salad*
    - Fresh Pear*
    - Clementine*

### TUESDAY
17. Chicken & Bean Salad**
    - Apple Raisin Carrot Salad*
    - Red Grapes*
    - Sweet Banana Nut Bread**

### WEDNESDAY
18. Chicken Waldorf Salad
    - Greek Pasta Salad*
    - Fresh Strawberries*
    - Triple Chocolate Cookie**

### THURSDAY
19. Chicken Pasta Salad**
    - Tomato Juice
    - Lemon White Chocolate Shortcake***

### FRIDAY
20. Ham Sandwich**
    - Cottage Cheese & Fruit* Navy Bean Salad*
    - Grape Cranberry Juice*
    - Lemon White Chocolate Cookie**

### MONDAY
21. Chicken Waldorf Salad
    - Greek Pasta Salad*
    - Fresh Strawberries*
    - Triple Chocolate Cookie**

### TUESDAY
22. Boiled Eggs
    - Broccoli Citrus Salad*
    - Fresh Pear**
    - Apple Walnut Buttermilk Muffin**

### WEDNESDAY
23. Chef Salad
    - Fresh Blueberries*
    - Strawberry Angel Food Shortcake***

### THURSDAY
24. Asian Chicken Salad**
    - Broccoli Citrus Salad*
    - Fresh Pear**
    - Chocolate Pudding**

### FRIDAY
25. Chicken Pasta Salad**
    - Tomato Juice
    - Lemon White Chocolate Shortcake***

### MONDAY
26. Chicken Waldorf Salad
    - Greek Pasta Salad*
    - Fresh Strawberries*
    - Triple Chocolate Cookie**

### TUESDAY
27. Boiled Eggs
    - Broccoli Citrus Salad*
    - Fresh Pear**
    - Apple Walnut Buttermilk Muffin**

### WEDNESDAY
28. Chef Salad
    - Fresh Blueberries*
    - Strawberry Angel Food Shortcake***

### THURSDAY
29. Chicken Waldorf Salad
    - Greek Pasta Salad*
    - Fresh Strawberries*
    - Triple Chocolate Cookie**

### FRIDAY
30. Almond Lemon Chicken
    - Macaroni Salad**
    - Fresh Pear**
    - Hawaiian Roll*

### TUESDAY
31. Heavenly Chicken Salad*
    - Malibu Fruit Blend*
    - Red Beans & Pasta Salad**
    - Thousand Island Dressing*
    - Croutons

### WEDNESDAY
32. Turkey Sandwich**
    - Corn Salad*
    - Red Delicious Apple*
    - Oatmeal Cookie*

### THURSDAY
33. Tuna Pasta Salad*
    - Confetti Bean Salad*
    - Sourdough Bread*

### FRIDAY
34. Million Dollar Chicken Salad
    - Broccoli Citrus Salad*
    - Fresh Pear**
    - Bread Pudding***

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