

	Meals on Wheels		
	MON July 1	WED July 3	FRI July 5
Drink	Juice	Juice	Juice
Meat			
Choice 1	No Meals on Wheels	BBQ Farmers Sausage Mashed Potatoes	Asian Pork Chop Mashed Potatoes
OR			
Choice 2		Turkey Tetrazzini	Honey Mustard Fish Baked Potatoes
Sides		California Vegetables Iceberg & Carrot Salad	Asian Vegetables Buttered Corn
Dessert			
Choice 1		Cherry Crisp	Lemon Cake
OR			
Choice 2		Diced Pears	Blueberries



	MON July 8	WED July 10	FRI July 12
	Juice	Juice	Juice
Meat			
Choice 1	Turkey Pot Pie Mashed Potatoes	Meatloaf with Gravy Mashed Potatoes	Teriyaki Beef & Broccoli White Rice
OR			
Choice 2	Baked Pollock Parslied Rice	Spinach & Cheese Cannelloni Garlic Bread	Lemon Pepper Cod Mashed Potatoes
Sides	Whipped Squash Green Beans	Diced Squash Seasoned Zucchini	Asian Vegetables Balsamic Carrots
Dessert			
Choice 1	Cherry Cheesecake	Blondie Bars	Maple Chocolate Mania Cake
OR			
Choice 2	Melon	Cinnamon Pears	Apricots

	Meals on Wheels		
	MON July 15	WED July 17	FRI July 19
Drink	Juice	Juice	Juice
Meat	Breaded Pork Cutlet	Baked Chicken	Beef Stroganoff
Choice 1	Mashed Potatoes	with Chalet Sauce	Egg Noodles
OR		Baked Potato	
Choice 2	Sole Florentine	Roasted Vegetable Lasagna	Baked Salmon
	Roasted New Potatoes		Lyonnais Potatoes
Sides	Steamed Asparagus	Broccoli	Green Peas
	Sliced Beets	Tossed Salad	Parslied Cauliflower
Dessert			
Choice 1	Assorted Tarts	Carrot Cake	Lemon Square
OR			
Choice 2	Pineapple	Peach Slices	Cinnamon Pears

	MON July 22	WED July 24	FRI July 26	MON July 29	WED July 31
Drink	Juice	Juice	Juice	Juice	Juice
Meat					
Choice 1	Salisbury Steak	BBQ Farmers Sausage	Asian Pork Chop	Turkey Pot Pie	Meatloaf
OR	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
Choice 2	Seasoned Chicken Thigh	Turkey Tetraxini	Honey Mustard Fish	Baked Pollock	Spinach & Cheese Cannelloni
	Mashed Potatoes		Baked Potatoes	Parslied Rice	Garlic Bread
Sides	Broccoli	California Vegetables	Asian Vegetables	Whipped Squash	Diced Squash
	Parsley Carrots	Iceberg & Carrot Salad	Buttered Corn	Green Beans	Seasoned Zucchini
Dessert					
Choice 1	Mississippi Mud Pie	Cherry Crisp	Lemon Cake	Cherry Cheesecake	Blondie Bars
OR					
Choice 2	Peach Slices	Diced Pears	Blueberries	Melon	Cinnamon Pears