

August 2019 Menu

Mon	Tue	Wed	Thu	Fri
<u>MEAT SUBSTITUTE MEAL</u> Grilled Chicken Steamed Carrots Green Beans Mini Wheat Roll Mandarin Oranges Applesauce	<u>VEGETABLE SUBSTITUTE MEAL</u> Mac & Cheese Steamed Carrots Green Beans Mini Wheat Roll Mandarin Oranges Applesauce	*2% Milk will be served with all meals. You may order the Meat or Vegetable Substitute Meal option in place of what's offered on the menu.	1 Meatloaf Mashed Potatoes Turnip Greens Mini Wheat Roll Grape Tomatoes Sliced Peaches	2 Chicken Parmesan Yellow Squash w/ Bell Peppers Green Beans Mini Wheat Roll Cucumber Salad Sliced Oranges
5 Lightly Breaded Fish Fillet Stir-Fried Squash Skillet Cornbread Coleslaw Mandarin Oranges Honeydew Melon Tartar Sauce	6 Italian Meatballs w/ Marinara Sauce Served over Linguini Pasta Green Beans Texas Toast Mandarin Oranges Sliced Pears	7 Roast Chicken (Leg & Thigh) Mashed Potatoes Collard Greens Pineapple Tidbits Blueberry Pie	8 Beef Pot Pie Green Peas Carrots Beets Applesauce 2 Peanut Butter Cookies	9 Boneless Grilled Chicken Breast Served w/ Rice Corn Brussels Sprouts Mini Wheat Roll Grape Tomatoes Mixed Fruit
12 Salisbury Steak w/ Gravy Rice Steamed Broccoli Mini Wheat Roll Sliced Peaches Orange Slices	13 Fajita Chicken Mexican Rice Stir-Fried Vegetables Shredded Lettuce & Diced Tomatoes Flour Tortillas Cinnamon Peaches Sour Cream Packet	14 Chicken Salad on Lettuce leaf w/ Tomato Slice Three Bean Salad Cucumber & Bell Pepper Salad Croissant Watermelon Fruited Gelatin	15 Roast Beef Scalloped Potatoes Green Peas Grape Tomatoes Sliced Peaches 2 Oatmeal Cookies	16 Baked Ziti w. Meal Sauce Steamed Broccoli Carrots Vegetable Salad Pears Angel Food Cake
19 Beef Tips served over Rice Cabbage Fried Okra Pineapple Tidbits Melon 2 Oatmeal Cookies	20 Teriyaki Chicken served over Rice Corn Steamed Broccoli Peaches Fresh Pineapple Cubes Mini Cupcake	21 Steakburger w/ Gravy Mashed Potatoes Mixed Vegetables Orange Slices Applesauce 2 Oatmeal Cookies	22 Sliced Turkey w/ Dressing & Gravy Green Beans Beets Mini Wheat Roll Sliced Pears Melon Cranberry Sauce (In container)	23 Lightly Breaded Chicken Tenders Stir-Fried Zucchini Baked Beans Broccoli Salad Sliced Peaches Seedless Grapes Honey Mustard Dipping Sauce
26 Baked Spaghetti Green Peas Beets Tossed Salad w. Cucumbers/Tomatoes Mini Wheat Roll / Ranch Dressing Orange Slices	27 Chef Salad w/ Turkey, Egg & Cheese Three Bean Salad Pasta Salad w/ Green Peppers Strawberries Applesauce Italian Dressing	28 Pinto Beans Spinach Mac & Cheese Skillet Cornbread Apple Salad w/ Raisins Mandarin Oranges	29 Chicken Pot Pie Stewed Tomatoes Peas & Carrots Honeydew Melon Strawberries Red Velvet Cupcake	30 Pulled Pork BBQ Tater Tots Baked Beans Bun Coleslaw Fruit Cocktail

All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.

*Menu is subject to change without notice