

# July 2018 Menu

Mon	Tue	Wed	Thu	Fri
<b>2</b> Pork Pot Roast Corn Red Bliss Potatoes Mini Yeast Roll Peaches Lemon Gelatin	<b>3</b> Mini Steakburger Homemade Potato Chips Cinnamon Apples Bun Chocolate Chip Cookies	<b>4</b> <b>CLOSED</b> 	<b>5</b> Sliced Ham Sweet Potato Casserole Green Beans Mini Yeast Roll Orange Slices Pineapple Tidbits	<b>6</b> Grilled Chicken Breast Corn Roasted Brussel Sprouts Mini Yeast Roll Honeydew Melon Chocolate Cake with Cherries
<b>9</b> Salisbury Steak Mashed Potatoes Steamed Broccoli Mini Yeast Roll Peaches Orange Slices	<b>10</b> Meatloaf Green Beans Corn Mini Yeast Roll Watermelon Mini Red Velvet Cupcakes	<b>11</b> Pulled Chicken w/ Gravy Steamed Carrots Steamed Cauliflower Pineapple Tidbits Honeydew Melon Cherry Pie	<b>12</b> Carved Roast Beef Rice Pilaf Green Peas Mini Yeast Roll Peaches Cottage Cheese	<b>13</b> Baked Fish w/ Lemon Herb Sauce Baked Potato Stewed Tomatoes Mini Yeast Roll Sliced Apples Fruit Cocktail
<b>16</b> Sirloin Steak Strips Steamed Cabbage White Rice Mini Yeast Roll Cold Broccoli Salad Pears	<b>17</b> Boneless BBQ Pork Ribs Corn Black-Eyed Peas Mini Yeast Roll Apples Oatmeal Cookies	<b>18</b> Beef Liver & Onions Rice Pilaf Vegetable Trio Orange Slices Applesauce Rice Krispy Treats	<b>19</b> Carved White Meat Turkey Homestyle Stuffing Green Beans Mini Yeast Roll Watermelon Lemon Gelatin	<b>20</b> Bourbon Street Chicken Kettle Cooked Collards Scalloped Potatoes Peaches Seedless Green Grapes Mini Chocolate Cupcakes
<b>23</b> Baked Spaghetti Green Peas Carrot Souffle Texas Toast Peaches Orange Slices	<b>24</b> Grilled Chicken Breast Stewed Tomatoes Cabbage Skillet Cornbread Watermelon Coconut Cookies	<b>25</b> Macaroni & Cheese Pinto Beans Spinach Skillet Cornbread Mandarin Oranges Mini Vanilla Cupcakes	<b>26</b> Chicken & Pastry Sweet Potato Casserole Lima Beans Honeydew Melon Strawberries Mini Red Velvet Cupcakes	<b>27</b> Pulled BBQ Pork Breen Bean Casserole Carrots Mini Yeast Roll Coleslaw Fruit Cocktail
<b>30</b> Scrambled Eggs & Bacon Hash Brown Potatoes Buttermilk Biscuit Pancake Peaches Orange Slices	<b>31</b> Sliced Ham Vegetable Trio Corn Mini Yeast Roll Strawberries Peach Pie		<u>MEAT SUBSTITUTE MEAL</u> Hamburger Steak Patty Cabbage Broccoli Mini Yeast Roll Coleslaw Sliced Peaches	<u>VEGETABLE SUBSTITUTE MEAL</u> Pinto Beans Mac & Cheese Collard Greens Mini Yeast Roll Potato Salad Mandarin Oranges

2% Milk will be served with all meals.

You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.

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.