

May 2018

Meals on Wheels Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Crispy Baked Chicken Baked Potato with Sour Cream Sugar Snap Peas Dinner Roll Blueberry Pie Milk	2 Broccoli Cheese Soup with Crackers Orange Cider Chicken Orzo Green Beans Seasonal Fresh Fruit Milk	3 Chopped Steak Mashed Potatoes Capri Mixed Vegetables Peaches Dinner Roll Milk	4 French Dip with Au Jus Hash Brown Casserole Tossed Salad with Ranch Mandarin Oranges Milk	5 Turkey Sandwich with Lettuce & Tomato Green Apple Oatmeal Raisin Cookies Milk
6 No Meal	7 Meat Loaf with Gravy Baked Potato with Sour Cream Capri Mix Veggies Dinner Roll Cheesecake Milk	8 BBQ Chicken Sandwich Fries Baby Carrots Mandarin Oranges Milk	9 Roast Turkey Breast Mashed Potatoes with Gravy Toss Salad with Ranch Pears Corn Milk	10 Polish Sausage with Sauerkraut Italian Mix Veggies Apple Pie Milk	11 Pub Cod Roasted Red Potatoes Green Beans Dinner Roll Peaches Milk	12 Deli Ham Sandwich with Lettuce & Tomato Pear Halves Chocolate Chip Cookies Milk
13 No Meal	14 Roast Turkey Breast Mashed Potatoes with Gravy Peas Applesauce Dinner Roll Milk	15 Garden Vegetable Soup with Crackers Beef Stir Fry over Rice Seasonal Fresh Fruit Dinner Roll Milk	16 Pork Loin Au Gratin Potatoes 5-Way Mixed Veggies Pineapple Apple Crumble Milk	17 Crispy Chicken Mashed Potatoes with Gravy Italian Mixed Veggies Dinner Roll Peaches Milk	18 Beef & Bean Chili with Crackers Corn Bread Coleslaw Pears Yellow Cake with Chocolate Frosting Milk	19 Deli Ham Sandwich with Lettuce & Tomato Oatmeal cookies Banana Milk
20 No Meal	21 Beef Pot Roast with Gravy Brown Rice Carrots Pears Dinner Roll Milk	22 Chicken Parmesan over Linguine California Mixed Veggies Peaches Dinner Roll Milk	23 BBQ Pork on Bun Seasoned Potato Wedges Cole Slaw Cherry Crumble Milk	24 Beef & Tomato Hot Dish Green Beans Applesauce Brownie Milk	25 Philly Cheese Sandwiches with Onion & Peppers Potato Wedges Seasonal Fresh Fruit Milk	26 Deli Ham Sandwich with Lettuce & Tomato Orange Chocolate Chip Cookies Milk
27 No Meal	28 Beef Stew with Buttermilk Biscuit Italian Mix Vegetables Seasonal Fresh Fruit Chocolate Chip Cookies Milk	29 Paprika Chicken Parsley Noodles Capri Mixed Veggies Pineapple Dinner Roll Milk	30 Chipotle Raspberry Turkey Breast Mashed Potatoes with Gravy Beets Peaches Dinner Roll Milk	31 Chicken Alfredo over Rotini Broccoli Cuts Breadstick Angel Food Cake with Strawberries Milk		

For meal cancellations, changes or specific needs, call the Dawson County Health Department at 377-5213