

June 2018

Meals on Wheels Lunch Menu

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

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