

# Meals on Wheels June 2019 MOW Delivery Menu

<u>Weeks</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b><u>Week 1</u></b> June 3-7	Coleslaw Baked Fish or Chicken Tater Tots Peas & Carrots Dinner Roll	Three Bean Salad Cheeses Ravioli Italian Veg Rosemary Bread Pudding	Mexi- Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	House Salad Salisbury Steak Mashed Potato Green Beans Dinner Roll Brownie	Potato Salad BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Mixed Fruit
<b><u>Week 2</u></b> June 10-14	Cole Slaw Baked Fish or Chicken Tater Tots Brussel Sprouts Dinner Roll Jell-O	Confetti Salad Chicken Casserole Brussel Sprouts Rosemary Bread Pudding	Caesar Salad Spaghetti w/Meat Sauce Italian Veg Sourdough Bread Grapes	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie	House Salad Herb Roasted Chicken Mash Potatoes Broccoli Dinner Roll Pears
<b><u>Week 3</u></b> June 17-21	Beet Salad Chile Con Turkey Brown Rice Peas & Carrots Cornbread Mixed Fruit	Spring Greens Chicken Salad Carrots, Cucumber Tomatoes Dinner Roll Pudding	<b>Beet Salad</b> <b>Swedish Meatballs</b> <b>Egg Noodles</b> <b>Peas &amp; Carrots</b> <b>Dinner Roll</b>	<b>Confetti Salad</b> <b>Sloppy Joe, Tater Tots</b> <b>Hamburger Bun</b> <b>Peas &amp; Carrots</b> <b>Brownie</b>	Potato Salad BBQ Chicken Baked Beans Broccoli Dinner Roll Watermelon
<b><u>Week 4</u></b> June 24-28	Coleslaw Salmon Cake or Chicken Rice Pilaf Brussel Sprouts Dinner Roll Birthday Cake	Beet Salad Beef Stroganoff Brussel Sprouts Rosemary Bread Pudding	Mexi Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	Confetti Salad Chicken Casserole Brussel Sprouts Rosemary Bread Angel Food Cake	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookie