

2011 MEALS ON WHEELS MENU

Please circle the choices and send back with a driver.

Week 1

MONDAY	Lasagna with two vegetables Pork Loin with Red Skinned Potatoes and one vegetable Choose vegetable: corn, broccoli, spiced apples, and spinach
TUESDAY	Meatloaf with Rice and one vegetable Tortellini Alfredo with two vegetables Choose vegetable: peas, okra, carrots and oriental blend
WEDNESDAY	Roast Turkey w/Gravy with Bread Stuffing and one vegetable Yankee Chili with two vegetables Choose vegetable: green beans, lima beans, pickled beets, and broccoli
THURSDAY	Country Fried Steak w/Gravy with Mashed Potatoes w/Gravy and one vegetable Hamburger on Bun with Mashed Potatoes w/Gravy and one vegetable Choose vegetable: corn, carrots, oriental blend, and peas
FRIDAY	Seasoned Catfish with Mac and Cheese and one vegetable Spaghetti with two vegetables Choose vegetable: California Blend, green beans, cauliflower and stewed tomatoes

Week 2

MONDAY	Beef Stew with two vegetables Chicken ala King with Roasted Potatoes and one vegetable Choose vegetable: cauliflower, pickled beets, corn, and broccoli
TUESDAY	Baked Ziti with two vegetables Chicken Florentine with Mashed Potatoes and one vegetable Choose vegetable: carrots, peas, oriental blend and green beans
WEDNESDAY	Tuna Casserole with two vegetables Chicken Cacciatore with Mashed Potatoes and one vegetable Choose vegetable: okra, lima beans, spinach, and green beans
THURSDAY	Roast Beef w/Gravy with Mashed Potatoes w/Gravy and one vegetable Rotini with two vegetables Choose vegetable: corn, spiced apples, stewed tomatoes, and carrots
FRIDAY	Battered Cod with Mac and Cheese and one vegetable Stuffed Chicken Breast with Mac and Cheese and one vegetable Choose vegetable: California Blend, corn, okra, and peas

Please choose type of drink: Whole, 2%, Skim or Juice

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Week 3

MONDAY	Roast Pork w/Gravy with Red Skin Potatoes and one vegetable Hamburger on Bun with Red Skin Potatoes and one vegetable Choose vegetable: corn, spiced apples, peas and carrots, and spinach
TUESDAY	Roast Turkey w/Gravy with Rice and one vegetable Stuffed Shells with two vegetables Choose vegetable: carrots, oriental blend, green beans, and cauliflower
WEDNESDAY	Meatloaf with Whipped Potatoes w/Gravy and one vegetable Tortellini Alfredo with two vegetables Choose vegetable: brussel sprouts, California blend, pickled beets, and green beans
THURSDAY	Chicken Florentine with Red Skinned Potatoes and one vegetable Lasagna with two vegetables Choose vegetable: oriental blend, cauliflower, spinach, and broccoli
FRIDAY	Salisbury Steak with Mashed Potatoes w/Gravy and one vegetable Mac and Cheese with two vegetables Choose vegetable: California Blend, spiced apples, corn, and peas

Week 4

MONDAY	Beef Tips with Mashed Potatoes w/Gravy and one vegetable Turkey Manhattan with two vegetables Choose vegetable: corn, stewed tomatoes, green beans, and lima beans
TUESDAY	Chicken Noodle Casserole with two vegetables Pot Roast with Rice and one vegetable Choose vegetable: broccoli, oriental blend, peas, and carrots
WEDNESDAY	Mexi Mac and Cheese with two vegetables Country Fried Steak w/Gravy with Mashed Potatoes and one vegetable Choose vegetable: cauliflower, stewed tomatoes, okra, and green beans
THURSDAY	BBQ Pork on a Bun with two vegetables Yankee Chili with two vegetables Choose vegetable: broccoli, spiced apples, corn, and carrots
FRIDAY	Penne Chicken and Mushrooms with two vegetables Crab Cakes with Roasted Potatoes and one vegetable Choose vegetable: California Blend, lima beans, okra, and peas

Please choose type of drink: Whole, 2%, Skim or Juice

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Week 5

MONDAY	Meatloaf with Red Skinned Potatoes and one vegetable Fried Chicken Tenders with Red Skinned Potatoes and one vegetable Choose vegetable: broccoli, corn, stewed tomatoes, and lima beans
TUESDAY	Stuffed Chicken Breast with two vegetables Beef and Noodles with two vegetables Choose vegetable: carrots, California blend, pickled beets, and green beans
WEDNESDAY	Roast Turkey w/Gravy with Whipped Potatoes w/Gravy and one vegetable Rotini with two vegetables Choose vegetable: peas, oriental blend, spiced apples, and cauliflower
THURSDAY	Grilled Chicken w/Gravy with AuGratin Potatoes and one vegetable Beef Shepard's Pie with two vegetables Choose vegetable: pickled beets, carrots, broccoli, and peas
FRIDAY	Salisbury Steak w/Gravy with Mac and Cheese and one vegetable Baked Cod with Mac and Cheese and one vegetable Choose vegetable: California Blend, okra, and corn

Please choose type of drink: Whole, 2%, Skim or Juice