

August 2022 Menu

Frozen meals will not match the menu.

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031

www.MetroMealsonWheels.net

Mon	Tue	Wed	Thu	Fri
1 Sherry Mushroom Chicken Roasted Potatoes Broccoli Fresh Fruit Whole Wheat Roll / Milk	2 Vegetarian Penne Key West Vegetables Spinach Salad Pears French Bread / Milk	3 Beef & Pepper Casserole Peas Cauliflower Mixed Fruit Whole Wheat Roll / Milk	4 Turkey/Cheese Sandwich Pasta Salad Tropical Fruit V-8 Juice 9-Grain Bread / Milk	5 Salisbury Steak / Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Milk
8 Chicken & Wild Rice Casserole Sunshine Carrots Brussels Sprouts Whole Wheat Roll / Milk	9 Cheesy Cod / Brown Rice Peas Coleslaw Peaches Ryle Bread / Milk	10 Ham & Swiss Sandwich White Bean Salad Mandarin Oranges 9-Grain Bread Milk	11 Sweet & Sour Pork Brown Rice Spring Blend Vegetables Spiced Apples Whole Wheat Roll / Milk	12 Lime Chicken Corn Carrots Fresh Orange Cornbread / Milk
15 Herb Salmon Rice Pilaf Beets Pears Whole Wheat Roll / Milk	16 Chicken Club Pasta Salad 3-Bean Salad Peaches Rye Bread Milk	17 Roast Pork / Gravy Scalloped Potatoes Capri Blend Vegetables Whole Wheat Roll Milk	18 Orange Chicken Wrap  Broccoli Raisin Salad Pears Wheat Tortilla Milk	19 Breaded Chicken Country Gravy Mashed Potatoes Snap Peas Baci Roll / Milk
22 Mexican Beef Casserole Corn with Peppers Spanish Rice Orange Juice Whole Wheat Tortillas Milk	23 Lemon Herb Pollock Rice Pilaf Carrots Broccoli Pineapple Chunks Whole Wheat Bread / Milk	24 Chicken Salad Sandwich Broccoli Salad Mixed Fruit 9-Grain Bread Milk	25 BBQ Pork Ranch Potatoes Spinach Salad Cinnamon Peaches Whole Wheat Bun Milk	26 Chili Hamburger Potato Wedges Green Beans Fresh Fruit Whole Wheat Bun Milk
29 Cranberry Meatballs Brown Rice Green Beans Cauliflower Fresh Fruit Whole Wheat Roll Milk	30 Roast Beef / Brown Gravy Mashed Potatoes Peas & Corn Orange Juice Whole Wheat Roll Milk	31 Lasagna with Alfredo Sausage Sauce Baby Carrots Snap Peas V-8 Juice French Bread / Milk		