



MEALS on WHEELS
METRO BOISE

August 2024 Menu

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

MON	TUE	WED	THU	FRI
			1 Roast Beef w/Gravy Mashed Potatoes Sunshine Carrots Green Salad Whole Wheat Roll Milk	2 Chicken Florentine Pasta Peas & Carrots Beets Fruit Cup 9-Grain Bread / Milk
5 Pork & Chile Casserole Corn & Peppers Baby Carrots Applesauce Cornbread / Milk	6 Baked Salmon over Rice Pilaf Stewed Tomatoes Green Beans Coleslaw Whole Wheat Roll / Milk	7 Breaded Chicken with Country Gravy Mashed Potatoes Country Vegetables Peaches 9-Grain Bread / Milk	8 Cowboy Pasta Broccoli Salad Green Salad Mixed Fruit Baci Roll Milk	9 Shepherds Pie Cauliflower Snap Peas Fresh Fruit Whole Wheat Roll Milk
12 Chicken Strips with Dipping Sauce Baked Beans Cascade Vegetables Spiced Apples Baci Roll / Milk	13 Turkey & Cheddar Sandwich White Bean Salad Coleslaw Orange 9-Grain Bread / Milk	14 Sausage Alfredo Penne Pasta Peas Green Salad Pears Baci Roll / Milk	15 BBQ Beef Sandwich Roasted Potatoes Green Beans Applesauce Whole Wheat Bun / Milk	16 Sweet & Sour Chicken over Brown Rice Asian Vegetables Baby Carrots Fresh Fruit Whole Wheat Roll / Milk
19 Cranberry Meatballs over Rice Pilaf Corn Peas Fresh Fruit Whole Wheat Roll Milk	20 Bacon Cheeseburger Macaroni & Cheese Carrots Green Beans Pears Breadstick / Milk	21 Sicilian Chicken over Pasta Chateau Vegetables Spinach Salad Peaches French Bread Milk	22 Roast Turkey with Gravy Mashed Potatoes Cranberry Sauce Spring Vegetables Mandarin Oranges Whole Wheat Roll / Milk	23 Roast Beef / Swiss Sandwich Potato Salad 3-Bean Salad Fresh Fruit 9-Grain Bread Milk
26 Pork Roast w/Gravy Sweet Potatoes Pineapple Peas Whole Wheat Roll Milk	27 Beef Pepper Casserole Carrots Spinach Salad Pears Whole Wheat Roll Milk	28 Mushroom Cheeseburger Roasted Potatoes Mixed Vegetables Applesauce Whole Wheat Bun Milk	29 Lemon Herb Fish over Wild Rice Green Beans Green Salad Spiced Apples Whole Wheat Roll Milk	30 Ham w/Pineapple Cheesy Potatoes Capri Vegetables Fresh Orange Hawaiian Roll Milk

