



August 2025 Menu

(Substitutions may be necessary without advanced notice.)

MON	TUES	WED	THUR	FRI
 MEALS on WHEELS CONTACT US (208) 321-0031 www.metromealsonwheels.net				1 Monterey Chicken Spanish Rice Chateau Veggies / Corn Mixed Fruit Cornbread / Milk
4 Chicken Cordon Bleu Roasted Potatoes Peas & Pearl Onions Peaches French Bread / Milk	5 Swedish Meatballs Bowtie Noodles Green Beans Parslied Cauliflower Tropical Fruit Baci Roll / Milk	6 Baked Ham w/ Pineapple Sweet Potatoes Baby Carrots Applesauce Baci Roll / Milk	7 Chicken Club Pasta Salad Broccoli Sunflower Salad Garbanzo Bean Salad Banana WW Roll / Milk	8 Meatloaf Ranch Mashed Potatoes Chateau Veggies Green Salad WW Roll / Milk
11 Spaghetti w/ Meat Sauce Corn / Sugar Snap Peas Fresh Fruit French Bread / Milk	12 Herb Crusted Salmon Long Grain Wild Rice Broccoli & Cauliflower Green Beans / Green Salad WW Roll / Milk	13 Roast Pork w/ Brown Gravy Sweet Potatoes Honey Carrots Applesauce WW Roll / Milk	14 Chicken Mushroom Piccata Rice Pilaf Italian Veggies Green Peas Fresh Orange Baci Roll / Milk	15 BBQ Pulled Chicken Sandwich Baked Beans Chuckwagon Veggies Coleslaw Milk
18 Lemon Baked Fish Brown Rice Dilled Carrots / Green Peas Mandarin Oranges WW Roll / Milk	19 Baked Potato w/Chili, Cheese & Sour Cream Broccoli Scalloped Apples Baci Roll / Milk	20 Tuna Salad Sandwich Potato Salad Three Bean Salad Peaches Milk	21 Alpine Burger Red Roasted Potatoes Sugar Snap Peas Fresh Fruit Milk	22 Orange Chicken Rice Pilaf Baby Carrots / Asian Veggies Spinach Salad WW Roll / Milk
25 Breaded Chicken Breast County Gravy Scalloped Potatoes Broccoli / Applesauce Baci Roll / Milk	26 Cowboy Pasta Salad Lemon Dill Carrot Salad Beets Banana Breadstick / Milk	27 Roast Beef w/ Mushroom Gravy Mashed Potatoes Green Beans / Green Salad 9 Grain Bread / Milk	28 Sweet & Sour Chicken Rice Pilaf Asian Veggies / Baby Carrots Fresh Fruit WW Roll / Milk	29 Country Fried Steak & Gravy Mashed Potatoes Stewed Tomatoes Pineapple Tidbits 9 Grain Bread / Milk

