



**MEALS on WHEELS**  
METRO BOISE

# June 2024 Menu

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

(Substitutions may be necessary without advanced notice.)

MON	TUE	WED	THU	FRI
<b>3 Chicken Florentine Pasta</b> Peas & Carrots Beets Fresh Orange Baci Roll Milk	<b>4 Roast Turkey with Gravy</b> Cranberry Sauce Sweet Potatoes Succotash Fruit Cup Whole Wheat Roll Milk	<b>5 Mushroom Swiss Burger</b> Roasted Potatoes Country Vegetables Mandarin Oranges WW Hamburger Bun Milk	<b>6 White Chicken Chili</b> Corn Spiced Apples Cornbread Milk	<b>7 Rosemary Salmon over Rice Pilaf</b> Peas & Carrots Beets Fresh Fruit Whole Wheat Roll Milk
<b>10 Mexican Beef Casserole</b> Spanish Rice Corn & Peppers Pears Whole Wheat Tortillas Milk	<b>11 Chicken Strips Baked Beans Sunshine Carrots Pineapple</b> Whole Wheat Roll Milk	<b>12 Turkey &amp; Cheddar on 9-Grain Bread</b> Potato Salad Broccoli Salad Applesauce Milk  Soup (congregate sites only)	<b>13 BBQ Beef on Whole Wheat Bun</b> Scalloped Potatoes Green Beans Coleslaw Milk	<b>14 Roast Pork with Brown Gravy</b> Mashed Potatoes Baby Carrots Applesauce Whole Wheat Roll Milk
<b>17 Chicken Parmesan over Pasta</b> Broccoli Capri Vegetables Fresh Fruit French Bread Milk	<b>18 Ham &amp; Swiss on 9-Grain Bread</b> 3-Bean Salad Carrot Calad Banana Milk  Soup (congregate sites only)	<b>19 Swedish Meatballs over Brown Rice</b> Asparagus Catalina Vegetables Green Salad Baci Roll Milk	<b>20 Sausage Manicotti</b> Peas Cauliflower Pineapple Breadstick Milk	<b>21 Artichoke Spinach Chicken Casserole</b>  Italian Vegetables Broccoli Fresh Orange French Bread Milk
<b>24 Sweet &amp; Sour Chicken over Brown Rice</b> Asian Vegetables Snap Peas Fresh Fruit Whole Wheat Roll Milk	<b>25 Chili &amp; Cheese over Baked Potato</b> Mixed Vegetables Spiced Apples Whole Wheat Roll Milk	<b>26 Lemon Herb Fish over Brown Rice</b> Carrots Green Beans Coleslaw Whole Wheat Roll Milk	<b>27 Honey Mustard Chicken Salad over Green Salad</b> Chickpea Salad Peaches 9-Grain Bread / Milk  Soup (congregate sites only)	<b>28 Spaghetti with Meat Sauce</b> Peas Green Salad Pears French Bread Milk