

July 2025 Menu

(Substitutions may be necessary without advanced notice.)

MON	TUES	WED	THUR	FRI
	1 Mustard Dill Salmon Rice Pilaf Dilled Carrots / Peas Mandarin Oranges WW Roll / Milk 	2 Stuffed Chicken Roasted Potatoes Capri Veggies Green Salad Baci Roll / Milk	3 Roast Beef & Cheddar Sandwich Potato Salad / Coleslaw Fresh Fruit Milk	4  OFFICE CLOSED NO MEALS DELIVERED
7 Honey Mustard Chicken Salad Three Bean Salad Pears Baci Roll / Milk	8 Cranberry Meatballs Rice Pilaf Green Beans Parslied Cauliflower Peaches Cornbread / Milk	9 Chicken Teriyaki Brown Rice Stir Fry Veggies / Snap Peas Tropical Fruit 9 Grain Bread / Milk	10 BBQ Beef Sandwich Chuckwagon Veggies Baby Carrots Coleslaw Milk	11 Sherry Mushroom Chicken Bowtie Noodles Chateau Veggies Brussel Sprouts Fresh Fruit Baci Roll / Milk
14 Roast Pork w/ Mushroom Gravy Sweet Potatoes Peas & Pearl Onions Applesauce WW Roll / Milk	15 Lemon Herb Fish Rice Pilaf Beets Broccoli & Cauliflower Pears Breadstick / Milk	16 BBQ Cheeseburger w/ Whole Wheat Bun Red Roasted Potatoes Parslied Carrots Fresh Fruit Milk	17 Breaded Chicken Breast Mashed Potatoes w/ Country Gravy Green Beans Peaches WW Roll / Milk	18 Spaghetti w/ Meat Sauce Parslied Cauliflower Sugar Snap Peas Green Salad French Bread / Milk
21 Roast Beef w/ Brown Gravy Mashed Potatoes Beets Applesauce 9 Grain Bread / Milk	22 Chicken Penne Alfredo Broccoli Mixed Veggies Mixed Fruit Breadstick / Milk	23 Cheese Enchilada Refried Beans Steamed Corn Mixed Fruit Milk	24 Salisbury Steak w/ Gravy Mashed Potatoes Chateau Veggies Pineapple Tidbits WW Roll / Milk	25 Chicken Salad Sandwich Three Bean Salad Potato Salad Banana Milk
28 Sicilian Chicken Buttered Noodles Italian Veggies Pears French Bread / Milk	29 BBQ Chicken Wings Sweet Potatoes Baby Carrots Scalloped Apples Baci Roll / Milk 	30 Country Fried Steak w/Gravy Mashed Potatoes Stewed Tomatoes Peaches 9 Grain Bread / Milk	31 Polish Sausage w/Sauerkraut Red Roasted Potatoes Mixed Veggies / Banana WW Bun / Milk	 CONTACT US (208) 321-0031 www.metromealsonwheels.net