



MEALS on WHEELS
METRO BOISE

June 2023 Menu

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

(Substitutions may be necessary without advanced notice.)

MON	TUE	WED	THU	FRI
			1 Roast Beef and Cheese Sandwich Potato Salad White Bean Salad Banana 9-Grain Bread / Milk Soup (congregate sites only)	2 Polish Sausage with Sauerkraut Garlic Mashed Potatoes Capri Vegetables Fruit Cup Whole Wheat Bun Milk
5 Chili Cheese Baked Potato Broccoli & Cauliflower Spiced Apples 9-Grain Bread Milk	6 Chicken Club Pasta Salad Carrot Sticks 3-Bean Salad Peaches Whole Wheat Roll / Milk Soup (congregate sites only)	7 Mushroom Swiss Burger Potato Wedges Sunshine Carrots Whole Wheat Bun Milk	8 Beans & Ham Brussels Sprouts Chunky Applesauce Cornbread Milk	9 Stuffed Chicken with Cheese Sauce Roasted Potatoes Snap Peas Tropical Fruit Baci Roll Milk
12 Mushroom Swiss Chicken over Buttered Pasta Carrots / Broccoli Fresh Fruit Whole Wheat Roll / Milk	13 Fish Almondine over Rice Peas / Coleslaw Pears 9-Grain Bread Milk	14 Turkey Tetrazzini Sicilian Vegetables Brussels Sprouts Banana French Bread Milk	15 Sweet and Sour Pork over Rice Stir Fry Vegetables Broccoli Green Salad Whole Wheat Roll / Milk	16 Roast Beef with Gravy Mashed Potatoes Peas & Carrots Fruit Cut Baci Roll / Milk
19 Chicken Burrito Bowl Key West Vegetables Cinnamon Pears Whole Wheat Tortillas Milk	20 Sausage Broccoli Cauliflower Casserole Peas & Carrots Spiced Apples French Bread Milk 	21 Salmon with Hollandaise over Rice Winter Vegetables Baby Carrots Pineapple Whole Wheat Roll / Milk	22 Chef Salad (ham turkey, cheese) over Lettuce/Tomato Peaches / Banana 9-Grain Bread / Milk Soup (congregate sites only)	23 BBQ Pork Sandwich Corn Applesauce Whole Wheat Bun Milk
26 Tuna Casserole Green Beans Stewed Tomatoes Mandarin Oranges Whole Wheat Roll Milk	27 Ham & Pineapple Scalloped Potatoes Broccoli Green Salad Baci Roll Milk	28 Cranberry Meatballs over Rice Peas Baby Carrots Tropical Fruit Cornbread / Milk	29 Spaghetti with Meat Sauce Sicilian Vegetables Green Salad Pears French Bread / Milk	30 Breaded Chicken with Country Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Roll / Milk