

# August 2021 Menu

Frozen meals will not match the menu.

Contact:  
(208) 321-0031

www.MetroMealsonWheels.net

(Substitutions may be necessary without advanced notice.)

Mon	Tue	Wed	Thu	Fri
<b>2</b> Swedish Meatballs Brown Rice Broccoli Cauliflower V-8 Juice Wheat Bread / Milk	<b>3</b> Turkey Bacon Wrap Carrot Salad Tropical Fruit Salad Wheat Tortilla Milk	<b>4</b> Pork Chop with Mushroom Gravy Scalloped Potatoes Mixed Veggies Applesauce Wheat Roll / Milk	<b>5</b> Herb Salmon Rice Pilaf Capri Veggies Coleslaw Wheat Roll Milk	<b>6</b> Sicilian Chicken Roasted Potatoes Carrots Green Salad Wheat Roll Milk
<b>9</b> Chicken Strips Baked Beans Peas Orange Juice Wheat Roll Milk	<b>10</b> Roast Beef & Cheddar Sandwich Macaroni Salad Apricots Hoagie Roll Milk	<b>11</b> Lemon Herb Cod Rice Pilaf Broccoli Coleslaw Wheat Roll Milk	<b>12</b> Hot Turkey Sandwich Cranberry Sauce Mashed Potatoes & Gravy Green Beans Wheat Roll Milk	<b>13</b> Pizza Mac & Cheese Capri Blend Veggies Pears Green Salad w/Berries & Nuts Breadstick Milk
<b>16</b> Salisbury Steak Mashed Potatoes Beets Pineapple Wheat Roll / Milk	<b>17</b> Salmon Rice Pilaf Carrots White Bean Salad Wheat Roll / Milk	<b>18</b> <b>Cranberry                      Turkey Wrap</b>  Broccoli Salad Tropical Fruit Wheat Bread Milk	<b>19</b> Orange Chicken Brown Rice Midori Veggies Spiced Apples Wheat Bread Milk	<b>20</b> Spaghetti w/Meat Sauce Italian Blend Veggies Peaches & Berries Green Salad French Bread Milk
<b>23</b> BBQ Beef Baked Beans Carrots Wheat Bun Milk	<b>24</b> Teriyaki Chicken Brown Rice Oriental Veggies Mandarin Oranges Wheat Bread Milk	<b>25</b> Tuna Salad Sandwich 3 Bean Salad Tropical Fruit Wheat Bread Milk	<b>26</b> Monterey Chicken Roasted Potatoes Corn Spinach Salad with Berries & Nuts Wheat Roll / Milk	<b>27</b> Chili Baked Potato Green Beans Apples & Berries Juice Wheat Roll Milk
<b>30</b> Breaded Chicken Country Gravy Mashed Potatoes Peas & Onions Wheat Bread Milk	<b>31</b> Philly Steak Sandwich Roasted Potatoes Cascade Veggies Apricots Hoagie Roll Milk			