

AUGUST 2026 MENU

(Substitutions may be necessary without advanced notice)

Contact us
(208) 321-0031

www.metromealsonwheels.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Chicken Brown Rice Baby Carrots Stir Fry Veggies Pineapple Tidbits WW Roll Milk	4  Cowboy Pasta Salad Lemon Carrot Dill Salad Pickled Beets Peaches Baci Roll Milk	5 Baked Potato w/Chili Cheese Broccoli Sour Cream Scalloped Apples Baci Roll Milk	6 Beer Brat Fajita Veggies Mixed Veggies Red Roasted Potatoes Pears WW Bun Milk	7 Chicken Parmesan w/Marinara Linguine Noodles Cascade Veggies Broccoli Mixed Fruit Breadstick Milk
10 Stuffed Chicken Roasted Potatoes Peas & Pearl Onions Tropical Fruit French Bread Milk	11 Herb Crusted Salmon Long Grain & Wild Rice Green Beans Green Salad Peaches WW Roll Milk	12 Baked Ham w/Pineapple Sweet Potatoes Baby Carrots Applesauce Baci Roll Milk	13  Chicken Club Pasta Salad Broccoli Sunflower Salad Garbanzo Bean Salad Banana WW Roll Milk	14 Swiss Steak Ranch Mashed Potatoes Chateau Veggies Pears WW Roll Milk
17  Garlic Parmesan Chicken Wings w/Roasted Potatoes Peas Fresh Orange Baci Roll Milk	18 Swedish Meatballs Bow Tie Noodles Green Beans Tropical Fruit Parslied Cauliflower Baci Roll Milk	19 Roast Pork w/Brown Gravy Sweet Potatoes Honey Carrots Fresh Fruit WW Roll Milk	20  Spaghetti w/Meat Sauce Sugar Snap Peas Spinach Salad Pears French Bread Milk	21 BBQ Pulled Chicken Sandwich Chuckwagon Veggies Cole Slaw Peaches Milk
24 Lemon Baked Fish Brown Rice Dilled Carrots Broccoli Mandarin Oranges WW Roll Milk	25  Anniversary Chicken Rice Pilaf Peas Green Salad Peaches WW Roll Milk	26 Tuna Salad Sandwich Potato Salad Three Bean Salad Banana Milk	27 Alpine Burger Red Roasted Potatoes Peas Fresh Fruit Milk	28  Sicilian Chicken Buttered Noodles Italian Veggies Garden Salad Apricots French Bread Milk
31 Breaded Chicken Breast w/Country Gravy Scalloped Potatoes Broccoli Applesauce Baci Roll Milk				 MEALS on WHEELS METRO BOISE
“Let the sunshine of August inspire you to shine your brightest.” ~Unknown				