

MEALS ON WHEELS MENU - AUGUST 2022

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

CHOICE A	1 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Apple Spice Cookie	2 Cavatappi Bolognese Italian Vegetables WG Bread	3 Western Omelet Breakfast Potatoes Strawberry Apple Crisp WG Bread Orange Juice	4 Sesame Chicken Broccoli w/Shredded Carrots WG Bread Margarine Mandarin Oranges	5 Manicotti Alfredo Yellow Corn Carrots Dinner Roll Oatmeal Cream Pie
	OR	OR	OR	OR	OR
CHOICE B	1 Meatloaf w/Gravy Skin-on potatoes WG Bread Apple Spice Cookie	2 Cuban Black Beans & Rice Whole Kernel Corn with Red Peppers & Carrots WG Bread	3 Macaroni & Beef Spinach Neapolitan California Blended Vegetables WG Bread Orange Juice	4 Three Bean Chili Squash Medley WG Bread	5 Southern-Style Pollock Fingers Cheesy Mashed Potatoes Broccoli Dinner Roll Oatmeal Cream Pie


CHOICE A	8 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables Hot Dog Bun Ketchup/Mustard Orange Juice	9 Cuban Black Beans & Rice Whole Kernel Corn with Red Peppers & Carrots WG Bread Apple Juice	10 Diced Chicken Green Beans Yellow Rice w/Tomatoes and Chives WG Bread Applesauce	11 Vegetarian Chili Carrots Corn Muffin	12 Honey Mustard Chicken Carrots Garlic Mashed Potatoes WG Bread Grape Juice
	OR	OR	OR	OR	OR
CHOICE B	8 Beef Teriyaki Patty Rice Mixed Vegetables WG Bread Orange Juice	9 Lasagna Florentine Mixed Vegetables WG Bread Margarine Apple Juice	10 Cheese Omelet Potatoes Fruited Granola WG Bread Margarine	11 Pork Chop Patty w/Gravy Sweet Potatoes Brussel Sprouts Corn Muffin Margarine	12 Meatballs w/Penne Pasta Broccoli WG Bread Oatmeal Raisin Cookie

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All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat

CHOICE A	15 Three Cheese Macaroni Green Beans Carrots WG Bread	16 Salisbury Steak w/Gravy Mixed Vegetables Brown Rice Dinner Roll Blended Juice	17 Sweet & Sour Pork Fried Rice Corn WG Bread Mandarin Oranges	18 Beef Patty w/Pizzaiola Sauce Green Beans Pineapple/Mandarin Fruit Mix Dinner Roll Oatmeal Cream Pie	19 Chicken Garden Casserole Summer Blend Vegetables Dinner Roll Peaches
	OR	OR	OR	OR	OR
CHOICE B	15 Hamburger WG Hamburger Bun Mashed Potatoes Carrots Ketchup/Mustard Margarine Orange Juice	16 Sweet & Sour Chicken White Rice Green Peas Dinner Roll Blended Juice	17 Breaded Pollock Potato Slices Mixed Vegetables WG Bread Margarine Mandarin Oranges	18 Omelet with Ranchero Sauce Breakfast Potatoes Cranberry Pears Dinner Roll Grape Juice	19 Turkey w/Gravy Mashed Potatoes Green Beans Dinner Roll Margarine Cup

CHOICE A	22 Turkey & Cheese Lasagna Broccoli, Cauliflower & Beans Dinner Roll Mixed Fruit	23 Chicken Marsala Butternut Squash Green Beans WG Bread Old Fashioned Sugar Cookie	24 Batter-Dipped FishNuggets Garlic Mashed Potatoes Carrots WG Bread Peach Cup	25 Steak Patty w/Pizzaiola Sauce Sweet Potatoes Green Beans WG Bread Apple Juice	26 Twisted Mac & Cheese Carrots Dinner Roll
	OR	OR	OR	OR	OR
CHOICE B	22 Three Cheese Macaroni Green Beans Carrots Dinner Roll Mixed Fruit Cup	23 Fish Filet w/Seafood Sauce Brown Rice Corn WG Bread Peach Cup	24 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WG Bread Old Fashioned Sugar Cookie	25 Chicken w/Italian Sauce Garlic Mashed Potatoes Green Beans WG Bread Apple Juice	26 Beef Patty w/Gravy Mixed Vegetables Garlic Mashed Potatoes Dinner Roll

CHOICE A	29 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Apple Spice Cookie	30 Cavatappi Bolognese Italian Vegetables WG Bread	31 Western Omelet Breakfast Potatoes Strawberry Apple Crisp WG Bread Orange Juice		13 
	OR	OR	OR	OR	OR
9	29 Meatloaf w/Gravy Skin-on potatoes Stewed Tomatoes WG Bread Apple Spice Cookie	30 Cuban Black Beans & Rice Whole Kernel Corn with Red Peppers & Carrots WG Bread	31 Macaroni & Beef Spinach Neapolitan California Blended Vegetables WG Bread Orange Juice		

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