

MEALS ON WHEELS MENU - JUNE 2019

3 Chicken Stew Green Beans Apple Raisin Fruit WG Bread/ Margarine Chocolate Chip Cookie	4 Cavatappi Bolognese Italian Vegetables WG Bread/ Margarine Orange- Pineapple Juice	5 Pork Riblet in BBQ Sauce Baked Beans Whole Kernel Corn WW Bread Margarine Chunky Cinnamon Apples	6 Chicken Teriyaki Rice with Stir-fry Vegetables Gingered Carrots WG Bread/Margarine Fresh Fruit	7 Chili Hot Dog Baked Beans Corn w/ Diced Tomato WG Hot Dog Bun Mustard Applesauce
10 Beef Steak Patty with Mushroom Gravy Garlic Mashed Potatoes Squash and Green Bean Medley WG Bread/Margarine Pineapple Cup	11 WG Southern-style Pollock Nuggets Carrots Cheesy Potatoes WG Bread/Margarine Tartar Sauce Citrus Fruit Cup	12 Oven Baked Chicken Yellow Rice with Tomatoes and Chives Green Beans with Red Pepper WG Bread/Margarine Orange-Pineapple Juice	13 Macaroni & Beef Casserole Spinach California Veggies WG Bread Fresh Fruit Mini Moon Pie	14 Meatloaf Sofrito Diced Potatoes Butternut Squash WG Bread Apple Sauce
17 Manicotti Alfredo Peas Italian Vegetable Medley WG Bread Oatmeal Raisin Cookie Grape Juice	18 Batter Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread/ Margarine Mandarin Oranges	19 Baked Sesame Chicken Patty Broccoli Cauliflower w/ Red Pepper WG Bread/Margarine Waffle Grahams Orange Juice	20 Pork Chop Patty with Gravy Sweet Potatoes Brussels Sprouts WG Bread/ Margarine Apples	21 Meatloaf with Apple Brown Gravy Skin-on Potatoes Stewed Tomatoes WG Bread Pineapple Cup
24 Chicken Breast Patty over Rice Black Beans and Tomatoes Mixed Vegetables WG Bread/Margarine Grape Juice	25 Western Omelet Potatoes O'Brien Strawberry Applesauce WG Bread Peanut Butter Orange Juice	26 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	27 Sliced Turkey with Gravy Cornbread Dressing Butternut Squash Flat Beans WG Bread/Margarine Mixed Fruit	28 Beef Patty with Onion Gravy Mashed Potatoes Rutabaga with Red Pepper WG Bun/Margarine Mini Moon Pie

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

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.
Call 817.558.2840 or 972.351.9943. Online www.mowjec.org/cancel-my-meal

