

PLEASE NOTE: THIS MENU IS A SAMPLE OF THE HOT MEALS OFFERED BY OUR MEALS ON WHEELS PROGRAM. THIS MENU WILL CHANGE ON A MONTHLY BASIS.

PLEASE CALL THE SENIOR CENTER AT 440-777-8100 FOR THE LATEST MENU.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Johnny Marzetti 8 oz. Cauliflower 4 oz. Lima Beans 4 oz. White Bread / Margarine 1 per Unsw. Fruit Mix / All 4 oz. ◇	2. Breaded Fish 3 oz. Spinach 4 oz. Creamed Corn 4 oz. Hamburger Bun / Tartar Pkt. Unsw. Pineapple Tidbits 4 oz. ◇	3. Salisbury Steak / Gravy 3 oz. Cheesy Mashed Potatoes 4 oz. Brussels Sprouts 4 oz. Unsw. Pears / All 4 oz. ◇ Wheat Bread / Margarine 2 per	4. Vegetable Lasagna 1 per Diced Carrots 4 oz. Unsw. Hot Cinn. Applesauce 4 oz./ All Italian Bread / Margarine 1 per Apple Juice 4 oz.
7. Meatball Splash 3 per 3 oz. Rice Pilaf 4 oz. Peas 4 oz. Unsw. Peaches 4 oz. / All ◇ Golden Apple / All Hot Dog Bun	8. Creamed Chicken 8 oz. Mashed Potatoes 4 oz. California Mix Vegetables 4 oz. Corn Muffin 1 per Unsw. Mandarin Oranges/All 4 oz.	9. Sausage Link 3 oz. / Bun Peppers & Onions 2 oz. French Green Beans 4 oz. Potato Spudsters 4 oz. Jello / Fruit 4 oz. ◇ *Unsw. Jello / Fruit 4 oz. ◇	10. Chicken Parmesan 3 oz./Tom. Sce Provolone Cheese ½ oz. Cauliflower 4 oz. Penne Pasta/ Tom. Sauce 4 oz. Wheat Bread / Margarine 1 per Golden Apple / All Grape Juice 4 oz.	11. BBQ Pork / Sce. 3.2 oz. Scalloped Potatoes 4 oz. Broccoli Cuts 4 oz. Diamond Jim Bun Coleslaw 4 oz. ◇
14. Chicken Quarter 4 oz. Mashed Potatoes 4 oz. /Gravy 3 oz. Fresh Corn 4 oz. Rye Bread / Margarine 2 per Unsw. Diced Peaches For All 4 oz. ◇	15. S. Meatballs 3 oz./ Gravy 2 oz. Buttered Noodles 4 oz. Diced Carrots 4 oz. Unsw. Applesauce / All 4 oz. ◇ Wheat Bread / Margarine 1 per Fresh Orange / All	16. Chicken Fingers 3 oz. 3 per BBQ Sce. Potato Spudsters 4 oz. Broccoli Cuts 4 oz. Wheat Bread / Margarine 2 per Orange Cupcake *Angel Food Cake Grape Juice 4 oz.	17. Macaroni & Cheese 8 oz. Stewed Tomatoes 4 oz. Lima Beans 4 oz. White Bread / Margarine 1 per Unsw. Mixed Fruit / All 4 oz. ◇	18. Hamburger Patty 3 oz. Cheesy Mashed Potatoes 4 oz. Baby Whole Carrots 4 oz. Ketchup / Mustard 1 per Hamburger Bun Unsw. Mandarin Oranges 4 oz. ◇
21. Porcupine Meatballs / Sce. 1 per Mashed Potatoes 4 oz. Buttered Cabbage 4 oz. Wheat Bread / Margarine 2 per Unsw. Pineapples 4 oz. ◇	22. Steak Burger 3 oz./Mushrms.2oz Peas 4 oz. Mexi Corn 4 oz. Diamond Jim Bun Unsw. Cinn. Applesauce 4 oz. ◇	23. Tuna Salad 4 oz. Tossed Salad 8 oz./ French – 2 Three Bean Salad 4 oz. Unsw. Diced Peaches For All 4 oz. ◇ Wheat Bread / Margarine 2 per	24. Chicken Breast Patty 3 oz. Green Beans 4 oz. Cauliflower 4 oz. Hamburger Bun / Mayo Pkt - 1 Fresh Orange / All	25. Beef Stew 8 oz. Rice 4 oz. Yellow Beans 4 oz. Corn Muffin Unsw. Pears 4 oz. / All
28. Stuffed Pepper / Tomato Sce. 3 oz. Mashed Potatoes 4 oz. Corn O'brien 4 oz. Wheat Bread / Margarine 2 per Unsw. Fruit Mix / All 4 oz.				

PLEASE REMEMBER TO CALL THREE DAYS IN ADVANCE IF YOU NEED TO CANCEL YOUR MEALS FOR ANY REASON. THANK YOU, MOBILE MEALS STAFF

440-777-8100