

Natrona County Meals On Wheels Menu

July 2022

Questions? Call us, **265-8659**
(All meals are served with 8 oz. milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4-Jul *****Closed***** Meal will be Delivered on Thursday June 30th Lasagna Applesauce Strawberry Nutrigrain Bar Soy Nuts/Wheat Cracker Fruit Punch/Milk</p>	<p>5-Jul Chicken Breast Mashed Potatoes w/Gravy Carrots Tossed Green Salad Prunes Wheat Bread Milk</p>	<p>6-Jul Beef & Italian Rice Zucchini Broccoli & Cauliflower Salad Apricot Wheat Bread Milk</p>	<p>7-Jul Turkey Italian Herb Potato Caribbean Blend Vegetable Fresh Fruit Yogurt Wheat Roll Milk</p>	<p>8-Jul Scalloped Potatoes & Ham Green Beans W/Almonds Spinach Salad Mandarin Oranges Wheat Bread Milk</p>
<p>11-Jul Macaroni & Cheese Capri Blend Vegetable Lettuce & Mushroom Salad Plums Wheat Bread Milk</p>	<p>12-Jul ***CLOSED PARADE DAY*** Meal will be Delivered on Monday July 7th Chicken Salad Apple Nutrigrain Bar Cinnamon Bear Grahams Vegetable Juice/Milk</p>	<p>13-Jul Goulash Cascade Blend Vegetable Garden Vegetable Salad Sliced Apples Wheat Bread Milk</p>	<p>14-Jul Pork Roast Mashed Potatoes w/Gravy Broccoli Greek Salad Prunes Wheat Rolls Milk</p>	<p>15-Jul Coconut Breaded Fish Sweet Potato Fries Brussels Sprouts Green Bean Salad Pineapple Wheat Bread Milk</p>
<p>18-Jul Beef Stroganoff Sunshine Carrots Cucumber & Onion Salad Grapes Wheat Bread Milk</p>	<p>19-Jul Monterey Egg Bake Asparagus Zesty Vegetable Salad Tropical Fruit Wheat Bread Milk</p>	<p>20-Jul Pork Chops Mashed Potato w/Gravy Peas & Onions Bacon Ranch Pea Salad Applesauce Wheat Bread Milk</p>	<p>21-Jul Roast Beef Mashed Potato Zucchini Caesars Salad Peaches Wheat Rolls Milk</p>	<p>22-Jul Crunchy Garlic Chicken Red Buttered Potatoes 5-Way Blend Vegetable Cucumber & Onion Salad Grapes Wheat Bread Milk</p>
<p>25-Jul Baked Fish Rosemary Roasted Potato Capri Blend Vegetable Coleslaw Plums Wheat Bread Milk</p>	<p>26-Jul Beef Fajita'S Spanish Rice Lettuce & Tomato Salad Fruit Cocktail Wheat Bread Milk</p>	<p>27-Jul Chicken w/Rice Pilaf Sicilian Blend Vegetable Spring Salad Toss Fresh Fruit Wheat Bread Milk</p>	<p>28-Jul Meatloaf Baked Potato Chalet Blend Vegetable Fruit Salad Supreme Jell-O Wheat Rolls Milk</p>	<p>29-Jul Polish Sausage Casserole Key West Blend Vegetable Russian Garden Salad Apricot Wheat Bread Milk</p>