

Natrona County Meals On Wheels Menu

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

June 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 30-May **Closed** Memorial Day Meal Will Be Delivered On Thursday May 26Th Vegetable Soup Cheddar Cheese Stick Soy Nuts Blueberry Nutrigrain Bar Applesauce/Vegetable Juice | 31-May Beef Stew Broccoli Plums Yogurt Wheat Bread Milk | 1-Jun Parmesan Pork Chops Mashed Potatoes w/Gravy Green Beans w/Almonds Summer Squash Salad Apricot Wheat Bread Milk | 2-Jun Chicken Cacciatore Over Pasta Sunshine Carrots Tossed Vegetable Salad Mandarin Oranges Wheat Rolls Milk | 3-Jun Beef Pepper Steak Rice Pilaf Zucchini Greek Salad Sliced Apples Wheat Bread Milk |
| 6-Jun Baked Ziti & Sausage Casserole Broccoli & Cauliflower Marinated Bean Salad Applesauce Wheat Bread Milk | 7-Jun Chicken w/Creamy Garlic Dressing Mashed Potatoes w/Gravy Key West Blend Vegetable Garden Bounty Salad Apricots Wheat Bread Milk | 8-Jun Taco Casserole Chuckwagon Blend Vegetable Lettuce & Tomato Salad Plums Tortilla Milk | 9-Jun Ham Parsley Buttered Potatoes Peas & Carrots Crunchy Calico Salad Fresh Fruit Wheat Rolls Milk | 10-Jun Lemon Herb Cod Rosemary Potato Edamame Vegetable Blend Carrot Pineapple Salad Peaches Wheat Bread Milk |
| 13-Jun Baked Chicken Mashed Potatoes w/Gravy Cascade Blend Vegetable Coleslaw Mandarin Oranges Wheat Bread Milk | 14-Jun Sweet & Sour Pork Over Rice Brussels Sprouts Spinach Salad Fresh Fruit Wheat Bread Milk | 15-Jun Hamburger Steak Mashed Potatoes W/Gravy Capri Vegetable Blend Marinated Bean Salad Raisins Wheat Bread Milk | 16-Jun Turkey Meatloaf Baked Potato Baby Carrots Cobb Salad Apricot Wheat Rolls Milk | 17-Jun Green Pepper Casserole Succotash Vegetable Blend Creamy Broccoli Cauliflower Salad Prunes Wheat Bread Milk |
| 20-Jun Egg & Hashbrown Casserole Sausage Patty Tropical Fruit Pudding Wheat Bread V-8 Juice Milk | 21-Jun Swedish Meatballs Over Pasta Asparagus Garbanzo Bean & Zucchini Salad Grapes Wheat Bread Milk | 22-Jun BBQ Pork Ribs Whipped Sweet Potatoes Broccoli Seven Layer Vegetable Salad Peaches Wheat Bread Milk | 23-Jun Roast Beef Mashed Potatoes W/Gravy Italian Vegetable Blend Homestyle Vegetable Salad Fresh Fruit Wheat Rolls Milk | 24-Jun Creamed Chicken Over Mashed Potatoes Spinach Marinated Cucumber Salad Applesauce Wheat Bread Milk |
| 27-Jun Chicken Fried Steak Mashed Potatoes w/Gravy Asparagus Pea Salad Tropical Fruit Apricot Milk | 28-Jun Breaded Fish Medley Potatoes Cascade Blend Vegetable Summer Salad Prunes Wheat Bread | 29-Jun BBQ Chicken Scalloped Potatoes Lima Beans Zesty Vegetable Salad Fruit Cocktail Wheat Bread Milk | 30-Jun Lemon Pepper Pork Loin Mashed Potatoes w/Gravy Sugar Snap Peas Marinated Cauliflower Salad Pineapple Wheat Rolls Milk | 1-Jul Spaghetti w/Meat Sauce Malibu Blend Vegetable Spring Salad Fresh Fruit Garlic Bread Milk |

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.