

Natrona County Meals On Wheels Menu

August 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Aug Broccoli Chicken Mac & Cheese Peas & Carrots Raisins Pudding Wheat Bread Milk	2-Aug Bbq Pork Baked Beans Broccoli Coleslaw Tropical Fruit Wheat Bun Milk	3-Aug Swiss Steak Rosemary Potatoes Green Beans Zucchini Mushroom Salad Prunes Wheat Bread Milk	4-Aug Herbed Turkey Breast Mashed Potatoes w/Gravy Asparagus Chopped Salad Fresh Fruit Wheat Rolls Milk	5-Aug Pizza Bake Yellow Squash Kidney Bean Salad Apricot Wheat Bread Milk
8-Aug Pork Chops Mashed Potatoes w/Gravy Brussels Sprouts Three Bean Salad Applesauce Wheat Bread Milk	9-Aug Cod w/Italian Crumb Topping Sweet Potato Fries Keywest Vegetable Blend Italian Vegetable Salad Plums Wheat Bread Milk	10-Aug Meatloaf Buttered Red Potatoes Edamame Vegetable Blend Tossed Vegetable Salad Fresh Fruit Wheat Bread Milk	11-Aug Smothered Chicken Breast Mashed Potatoes w/Gravy Cape Cod Vegetable Blend Zucchini Cucumber Salad Fruit Cocktail Wheat Rolls Milk	12-Aug Cheeseburger Casserole Chuckwagon Vegetable Prunes Peanut Butter Crackers Wheat Bread Milk
15-Aug Monterey Egg Bake Turkey Sausage Banana Yogurt Muffin V-8 Juice Milk	16-Aug Beef Stroganoff Prince Edward Vegetable Blend Bacon, Broccoli & Raisin Salad Mandarin Oranges Wheat Bread Milk	17-Aug Breaded Ranch Chicken Mashed Potatoes w/Gravy Spinach Shepherds Salad Peaches Wheat Bread Milk	18-Aug Pork Roast Mashed Potatoes w/Gravy Lima Beans Green Salad Prunes Wheat Roll Milk	19-Aug Italian Style Beef Steak Baked Potato Rancho Fiesta Vegetable Blend Fruit Salad Jello Wheat Bread Milk
22-Aug Chicken & Ham Casserole Baby Carrots Pea Salad Pineapple Wheat Bread Milk	23-Aug Beef & Broccoli Stir Fry Over Rice Sugar Snap Peas Broccoli & Almond Salad Prunes Wheat Bread Milk	24-Aug Macaroni & Cheese Scandinavian Vegetable Blend Garbanzo Bean & Tomato Salad Fresh Fruit Wheat Bread Milk	25-Aug Roast Beef Mashed Potatoes w/Gravy Peas & Onions Green Bean Salad Apricot Wheat Roll Milk	26-Aug Baked Breaded Fish Medley Potatoes Caribbean Vegetable Blend Rainbow Chopped Salad Pears Wheat Bread Milk
26-Aug Monterey Chicken Bake Mashed Potatoes w/Gravy Sunshine Carrots Citrus Salad Raspberry Bar Wheat Bread Milk	27-Aug Goulash Zucchini Mixed Green Salad Fresh Fruit Wheat Roll Milk	28-Aug Cheesy Scalloped Potatoes w/Ham Okra Cobb Salad Prunes Wheat Bread Milk	29-Aug Italian Roast Beef Baked Potato Sicilian Blend Vegetable Spinach Mushroom Salad Pears Wheat Bread Milk	30-Aug Reuben Casserole Yams Sugar Snap Peas Tropical Fruit Sherbet Milk