

NATRONA COUNTY MEALS ON WHEELS MENU

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

May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-May Beef Fajitas Ranch Style Beans Lettuce & Tomato Salad Mandarin Oranges Tortilla Milk	2-May Ham & Sweet Potato Casserole Brussels Sprouts Summer Pepper Salad Fresh Fruit Wheat Bread Milk	3-May Chicken & Noodles Cascade Blend Vegetable Spinach Salad Prunes Wheat Bread Milk	4-May Beef Patty w/Gravy Mashed Potatoes w/Gravy Asparagus Homestyle Vegetable Salad Apricots Wheat Roll Milk	5-May Roasted Salmon Garlic Roasted Parmesan Baby Potatoes Broccoli German Coleslaw Peaches Wheat Bread Milk
8-May Chicken Gumbo Over Rice Sugar Snap Peas Kidney Bean Salad Plums Wheat Bread Milk	9-May Beef Brisket Scalloped Potatoes Succotash Blend Vegetable Apple Almond Crunch Yogurt Wheat Bread Grape Juice Milk	10-May Bbq Pork Wings Baked Beans Capri Blend Vegetable Orange Carrot Salad Tropical Fruit Wheat Bread Milk	11-May Turkey Breast Mashed Potatoes w/Gravy Peas & Carrots Bacon, Broccoli & Raisin Salad Fresh Fruit Wheat Roll Milk	12-May Chuckwagon Steak Mashed Potatoes w/Gravy Italian Blend Vegetable Spring Salad Mix Prunes Wheat Bread Milk
15-May Italian Pork Chop Mashed Potato w/Gravy Riviera Blend Vegetable Tossed Green Salad Pineapple Wheat Bread Milk	16-May Beef Spaghetti Pie Sunshine Carrots Rainbow Chopped Salad Applesauce Wheat Bread Milk	17-May Lemon Pepper Chicken Mashed Potatoes w/Gravy Spinach Marinated Vegetable Salad Fresh Fruit Wheat Bread Milk	18-May Roast Beef Baked Potato Trio Blend Vegetable Cucumber, Tomato & Zucchini Salad Prunes Wheat Roll Milk	19-May Macaroni & Cheese w/Bacon Malibu Blend Vegetable Fruit Salad Pudding Wheat Bread Milk
22-May Breaded Tilapia Diced Potatoes Green Beans Mediterranean Salad Apricots Wheat Bread Milk	23-May Crispy Baked Chicken Mashed Potatoes w/Gravy Four Way Blend Vegetable Tossed Vegetable Salad Tropical Fruit Wheat Bread Milk	24-May Beef Stroganoff Zucchini Creamy Broccoli Cauliflower Salad Peaches Wheat Bread Milk	25-May Garlic Herb Pork Loin Rosemary Potato Wedge Pacific Blend Vegetable Chickpea Salad Fresh Fruit Wheat Roll Milk	26-May Stir Fry Beef & Peppers Over Rice Peas & Onions Asian Salad Ginger Pears Wheat 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.