

Natrona County Meals On Wheels Menu

July 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jul Chicken Breast Mashed Potatoes w/Gravy Carrots Tossed Green Salad Apricot Wheat Bread Milk	4-Jul *****Closed***** Meal will be Delivered on Thursday June 29th Beef Stew Applesauce Granola Bar/Peanuts Whole Wheat Crackers Milk	5-Jul Beef & Italian Rice Zucchini Broccoli & Cauliflower Salad Tropical Fruit Wheat Bread Milk	6-Jul Turkey Italian Herb Potato Caribbean Blend Vegetable Fresh Fruit Yogurt Wheat Roll Milk	7-Jul Scalloped Potatoes & Ham Green Beans W/Almonds Spinach Salad Mandarin Oranges Wheat Bread Milk
10-Jul Beef Patty w/Gravy Mashed Potato W/Gravy Asparagus Carrot, Raisin Salad Tropical Fruit Wheat Bread Milk	11-Jul ***CLOSED PARADE DAY*** Meal will be Delivered on Thursday June 29th Cheesy Potatoes & Turkey Ham Sunflower Seeds Granola Berry Crunch Animal Crackers Milk	12-Jul Goulash Carrots Garden Vegetable Salad Sliced Apples Wheat Bread Milk	13-Jul Pork Roast Mashed Potatoes w/Gravy Broccoli Greek Salad Apricot Wheat Rolls Milk	14-Jul Coconut Breaded Fish Sweet Potato Fries Brussels Sprouts Green Bean Salad Pineapple Wheat Bread Milk
17-Jul Beef Stroganoff Prince Edward Blend Vegetab Cucumber & Onion Salad Peaches Wheat Bread Milk	18-Jul Monterey Egg Bake Asparagus Zesty Vegetable Salad Tropical Fruit Wheat Bread Milk	19-Jul Pork Chops Mashed Potato w/Gravy Peas & Onions Bacon Ranch Pea Salad Applesauce Wheat Bread Milk	20-Jul Roast Beef Mashed Potato Zucchini Caesars Salad Grapes Wheat Rolls Milk	21-Jul Crunchy Garlic Chicken Red Buttered Potatoes 5-Way Blend Vegetable Banana Pudding Wheat Bread Milk
24-Jul Baked Fish Rosemary Roasted Potato Capri Blend Vegetable Coleslaw Plums Wheat Bread Milk	25-Jul Beef Fajitas Spanish Rice Lettuce & Tomato Salad Fruit Cocktail Tortilla's Milk	26-Jul Chicken w/Rice Pilaf Sicilian Blend Vegetable Spring Salad Toss Fresh Fruit Wheat Bread Milk	27-Jul Meatloaf Baked Potato Chalet Blend Vegetable Fruit Salad Supreme Jell-O Wheat Rolls Milk	28-Jul Polish Sausage Casserole Key Biscayne Blend Vegetable Russian Garden Salad Apricot Wheat Bread Milk