

**Natrona County Meals On Wheels Menu**

**August 2023**

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>31-Jul</b> Broccoli Chicken Mac & Cheese Peas & Carrots Raisins Pudding Wheat Bread Milk	<b>1-Aug</b> Bbq Pork Baked Beans Broccoli Coleslaw Tropical Fruit Wheat Bun Milk	<b>2-Aug</b> Swiss Steak Rosemary Potatoes Green Beans Zucchini Mushroom Salad Prunes Wheat Bread Milk	<b>3-Aug</b> Herbed Turkey Breast Mashed Potatoes w/Gravy Asparagus Chopped Salad Fresh Fruit Wheat Rolls Milk	<b>4-Aug</b> Pizza Bake Yellow Squash Kidney Bean Salad Apricot Wheat Bread Milk
<b>7-Aug</b> Pork Chops Mashed Potatoes w/Gravy Brussels Sprouts Three Bean Salad Applesauce Wheat Bread Milk	<b>8-Aug</b> Cod w/Italian Crumb Topping Sweet Potato Fries Keywest Vegetable Blend Italian Vegetable Salad Plums Wheat Bread Milk	<b>9-Aug</b> Meatloaf Buttered Red Potatoes Edamame Vegetable Blend Tossed Vegetable Salad Fresh Fruit Wheat Bread Milk	<b>10-Aug</b> Smothered Chicken Breast Mashed Potatoes w/Gravy Cape Cod Vegetable Blend Zucchini Cucumber Salad Fruit Cocktail Wheat Rolls Milk	<b>11-Aug</b> Cheeseburger Casserole Chuckwagon Vegetable Prunes Peanut Butter Crackers Wheat Bread Milk
<b>14-Aug</b> Monterey Egg Bake Turkey Sausage Banana Yogurt Muffin V-8 Juice Milk	<b>15-Aug</b> Beef Stroganoff Prince Edward Vegetable Blend Bacon, Broccoli & Raisin Salad Mandarin Oranges Wheat Bread Milk	<b>16-Aug</b> Breaded Ranch Chicken Mashed Potatoes w/Gravy Spinach Shepherds Salad Peaches Wheat Bread Milk	<b>17-Aug</b> Pork Roast Mashed Potatoes w/Gravy Lima Beans Green Salad Prunes Wheat Roll Milk	<b>18-Aug</b> Italian Style Beef Steak Baked Potato Rancho Fiesta Vegetable Blend Fruit Salad Jello Wheat Bread Milk
<b>21-Aug</b> Chicken & Ham Casserole Baby Carrots Pea Salad Pineapple Wheat Bread Milk	<b>22-Aug</b> Beef & Broccoli Stir Fry Over Rice Sugar Snap Peas Broccoli & Almond Salad Prunes Wheat Bread Milk	<b>23-Aug</b> Macaroni & Cheese Scandinavian Vegetable Blend Garbanzo Bean & Tomato Salad Fresh Fruit Wheat Bread Milk	<b>24-Aug</b> Roast Beef Mashed Potatoes w/Gravy Peas & Onions Green Bean Salad Apricot Wheat Roll Milk	<b>25-Aug</b> Baked Breaded Fish Medley Potatoes Caribbean Vegetable Blend Rainbow Chopped Salad Pears Wheat Bread Milk
<b>28-Aug</b> Beef Stew Lima Beans Lettuce & Tomato Salad Pears Wheat Bread Milk	<b>29-Aug</b> Tuna Noodle Casserole Capri Vegetable Blend Crunchy Calico Salad Tropical Fruit Wheat Bread Milk	<b>30-Aug</b> Beef Patties w/Gravy Mashed Potato w/ Gravy 5-Way Vegetable Blend Plums Pudding Wheat Bread Milk	<b>31-Aug</b> Baked Chicken Mashed Potato w/Gravy Peas & Onions Cucumber, Tomato, & Zucchini Salad Fresh Fruit Wheat Rolls Milk	<b>1-Sep</b> Leg of Lamb Rosemary Potato Brussels Sprouts Spinach Salad Prunes Wheat Bread Milk