

**Natrona County Meals On Wheels Menu**

**July 2024**

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>
<p><b>1-Jul</b></p> <p>Chicken Breast Mashed Potatoes w/Gravy Carrots Tossed Green Salad Apricot Wheat Bread Milk</p>	<p><b>2-Jul</b></p> <p>Beef &amp; Italian Rice Zucchini Broccoli &amp; Cauliflower Salad Tropical Fruit Wheat Bread Milk</p>	<p><b>3-Jul</b></p> <p>Turkey Italian Herb Potato Caribbean Blend Vegetable Cobb Salad Sliced Apples Wheat Bread Milk</p>	<p><b>4-Jul</b></p> <p>*****<b>CLOSED</b>***** <b>Meal will be Delivered on Wednesday July 3rd</b> Chicken Pasta Parmesan Applesauce Break Bar Crackers Milk</p>	<p><b>5-Jul</b></p> <p>Scalloped Potatoes &amp; Ham Green Beans w/Almonds Spinach Salad Mandarin Oranges Wheat Bread Milk</p>
<p><b>8-Jul</b></p> <p>Beef Patty w/Gravy Mashed Potato w/Gravy Asparagus Carrot, Raisin Salad Tropical Fruit Wheat Bread Milk</p>	<p><b>9-Jul</b></p> <p>***<b>CLOSED PARADE DAY</b>*** <b>Meal will be Delivered on Wednesday July 3rd</b> Lasagna Applesauce Cookie Cracker Milk/Fruit Punch</p>	<p><b>10-Jul</b></p> <p>Tuna Noodle Casserole Green Beans Cottage Cheese Salad Apricot Wheat Bread Milk</p>	<p><b>11-Jul</b></p> <p>Pork Roast Mashed Potatoes w/Gravy Broccoli Greek Salad Mandarin Oranges Wheat Rolls Milk</p>	<p><b>12-Jul</b></p> <p>Goulash Carrots Fresh Fruit Yogurt Wheat Bread Milk</p>
<p><b>15-Jul</b></p> <p>Beef Stroganoff Prince Edward Blend Vegetable Cucumber &amp; Onion Salad Peaches Wheat Bread Milk</p>	<p><b>16-Jul</b></p> <p>Monterey Egg Bake Asparagus Zesty Vegetable Salad Tropical Fruit Wheat Bread Milk</p>	<p><b>17-Jul</b></p> <p>Pork Chops Mashed Potato w/Gravy Peas &amp; Onions Bacon Ranch Pea Salad Applesauce Wheat Bread Milk</p>	<p><b>18-Jul</b></p> <p>Roast Beef Mashed Potato w/Gravy Zucchini Caesars Salad Grapes Wheat Rolls Milk</p>	<p><b>19-Jul</b></p> <p>Crunchy Garlic Chicken Red Buttered Potatoes 5-Way Blend Vegetable Banana Pudding Wheat Bread Milk</p>
<p><b>22-Jul</b></p> <p>Baked Fish Rosemary Roasted Potato Capri Blend Vegetable Coleslaw Plums Wheat Bread Milk</p>	<p><b>23-Jul</b></p> <p>Beef Fajitas Spanish Rice Lettuce &amp; Tomato Salad Fruit Cocktail Tortilla's Milk</p>	<p><b>24-Jul</b></p> <p>Chicken w/Rice Pilaf Sicilian Blend Vegetable Spring Salad Toss Fresh Fruit Wheat Bread Milk</p>	<p><b>25-Jul</b></p> <p>Meatloaf Baked Potato Chalet Blend Vegetable Fruit Salad Supreme Jell-O Wheat Rolls Milk</p>	<p><b>26-Jul</b></p> <p>Polish Sausage Casserole Key Biscayne Blend Vegetable Russian Garden Salad Pear Wheat Bread Milk</p>
<p><b>29-Jul</b></p> <p>Beef Stew Lima Beans Lettuce &amp; Tomato Salad Pears Wheat Bread Milk</p>	<p><b>30-Jul</b></p> <p>Tuna Noodle Casserole Capri Vegetable Crunchy Calico Salad Tropical Fruit Wheat Bread Milk</p>	<p><b>31-Jul</b></p> <p>Beef Patties w/Gravy Mashed Potato w/Gravy 5-Way Vegetable Blend Plums Pudding Wheat Bread Milk</p>	<p><b>1-Aug</b></p> <p>Baked Chicken Mashed Potato w/Gravy Peas &amp; Onions Cucumber, Tomato, &amp; Zucchini Salad Fresh Fruit Wheat Rolls Milk</p>	<p><b>2-Aug</b></p> <p>Leg Of Lamb Rosemary Potato Brussels Sprouts Spinach Salad Prunes Wheat Bread Milk</p>