Natrona County Meals On Wheels Menu

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jun Beef Pepper Steak Rice Pilaf Asparagus Greek Salad Sliced Apples Wheat Bread Milk	**4-Jun** Coconut Breaded Fish Sweet Potatoes Brussels Sprouts Green Bean Salad Pineapple Wheat Bread Milk	**5-Jun** Parmesan Pork Chops Mashed Potatoes w/Gravy Green Beans w/Almonds Summer Squash Salad Apricot Wheat Bread Milk	**6-Jun** Chicken Cacciatore Over Pasta Carrots Tossed Vegetable Salad Mandarin Oranges Wheat Rolls Milk	**7-Jun** Beef Stew Broccoli Plums Yogurt Wheat Bread Milk
10-Jun Baked Ziti & Sausage Casserole Broccoli & Cauliflower Creamy Vegetable Salad Applesauce Wheat Bread Milk	**11-Jun** Chicken w/Creamy Garlic Dressing Mashed Potatoes w/Gravy Key Biscayne Blend Vegetable Garden Bounty Salad Apricots Wheat Bread Milk	**12-Jun** Spaghetti w/Meat Sauce Yellow Squash Lettuce & Tomato Salad Prunes Wheat Bread Milk	**13-Jun** Ham Parsley Buttered Potatoes Peas & Carrots Crunchy Calico Salad Fresh Fruit Wheat Rolls Milk	**14-Jun** Lemon Herb Cod Rosemary Potato Edamame Vegetable Blend Carrot Pineapple Salad Peaches Wheat Bread Milk
17-Jun Baked Chicken Mashed Potatoes w/Gravy Carrots Coleslaw Mandarin Oranges Wheat Bread Milk	**18-Jun** Sweet & Sour Pork Over Rice Brussels Sprouts Spinach Salad Fruit Cocktail Wheat Bread Milk	**19-Jun** Hamburger Steak Mashed Potatoes w/Gravy Capri Vegetable Blend Marinated Bean Salad Apricot Wheat Bread Milk	**20-Jun** Turkey Meatloaf Baked Potato Broccoli Cobb Salad Fresh Fruit Wheat Rolls Milk	**21-Jun** Green Pepper Casserole Succotash Vegetable Blend Creamy Broccoli Cauliflower Salad Raisins Wheat Bread Milk
24-Jun Egg & Hashbrown Casserole Sausage Patty Tropical Fruit Pudding V-8 Juice Wheat Bread Milk	**25-Jun** Swedish Meatballs Over Pasta Zucchini Garbanzo Bean & Zucchini Salad Mandarin Oranges Wheat Bread Milk	**26-Jun** BBQ Pork Ribs Whipped Sweet Potatoes Broccoli Seven Layer Vegetable Salad Peaches Wheat Bread Milk	**27-Jun** Roast Beef Mashed Potatoes w/Gravy Italian Vegetable Blend Homestyle Vegetable Salad Fresh Fruit Wheat Rolls Milk	**28-Jun** Creamed Chicken Over Mashed Potatoes Spinach Marinated Cucumber Salad Applesauce 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.