

# Natrona County Meals On Wheels Menu

August 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5-Aug</b> Broccoli Chicken Mac & Cheese Peas & Carrots Raisins Pudding Wheat Bread Milk	<b>6-Aug</b> Bbq Pork Baked Beans Broccoli Coleslaw Tropical Fruit Wheat Bun Milk	<b>7-Aug</b> Swiss Steak Rosemary Potatoes Green Beans Zucchini Mushroom Salad Prunes Wheat Bread Milk	<b>8-Aug</b> Herbed Turkey Breast Mashed Potatoes w/Gravy Asparagus Chopped Salad Fresh Fruit Wheat Rolls Milk	<b>9-Aug</b> Pizza Bake Yellow Squash Kidney Bean Salad Apricot Wheat Bread Milk
<b>12-Aug</b> Pork Chops Mashed Potatoes w/Gravy Brussels Sprouts Three Bean Salad Applesauce Wheat Bread Milk	<b>13-Aug</b> Cod w/Italian Crumb Topping Sweet Potato Fries Keywest Vegetable Blend Italian Vegetable Salad Plums Wheat Bread Milk	<b>14-Aug</b> Meatloaf Buttered Red Potatoes Edamame Vegetable Blend Tossed Vegetable Salad Fresh Fruit Wheat Bread Milk	<b>15-Aug</b> Smothered Chicken Breast Mashed Potatoes w/Gravy Cape Cod Vegetable Blend Zucchini Cucumber Salad Fruit Cocktail Wheat Rolls Milk	<b>16-Aug</b> Cheeseburger Casserole Chuckwagon Vegetable Garden Vegetable Salad Mandarin Oranges Wheat Bread Milk
<b>19-Aug</b> Monterey Egg Bake Turkey Sausage Banana Yogurt Muffin V-8 Juice Milk	<b>20-Aug</b> Beef Stroganoff Prince Edward Vegetable Blend Bacon, Broccoli & Raisin Salad Mandarin Oranges Wheat Bread Milk	<b>21-Aug</b> Breaded Ranch Chicken Mashed Potatoes w/Gravy Spinach Shepherds Salad Peaches Wheat Bread Milk	<b>22-Aug</b> Pork Roast Mashed Potatoes w/Gravy Lima Beans Green Salad Sliced Apples Wheat Roll Milk	<b>23-Aug</b> Italian Style Beef Steak Baked Potato Rancho Fiesta Vegetable Blend Fruit Salad Jello Wheat Bread Milk
<b>26-Aug</b> Chicken & Ham Casserole Baby Carrots Pea Salad Pineapple Wheat Bread Milk	<b>27-Aug</b> Beef & Broccoli Stir Fry Over Rice Sugar Snap Peas Broccoli & Almond Salad Pears Wheat Bread Milk	<b>28-Aug</b> Macaroni & Cheese Scandinavian Vegetable Blend Garbanzo Bean & Tomato Salad Apricot Wheat Bread Milk	<b>29-Aug</b> Roast Beef Mashed Potatoes w/Gravy Peas & Onions Mediterranean Salad Fresh Fruit Wheat Roll Milk	<b>30-Aug</b> Baked Breaded Fish Roasted Yukon Potatoes Caribbean Vegetable Blend Rainbow Chopped Salad Tropical Fruit Wheat Bread Milk