






# Meals on Wheels Hot Menu June 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
									
1 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL		2 LASAGNA W/ ITALIAN SAUSAGE POTATOES O'BRIEN WARM CINNAMON APPLES FRUIT MUFFIN		3 HEARTY BEEF STEW STEWED TOMATOES ESCALLOPED APPLES BUTTERMILK BISCUIT		4 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL		5 CHICKEN AND RICE CASSEROLE ROASTED CARROTS CINNAMON APPLES WHOLE GRAIN ROLL	
6 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL		7 BLACKENED TALAPIA FILLET SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN		8 COUNTRY FRIED CHICKEN MASHED POTATOES/GRAVY SWEET CORN PEACH COBBLER		9 MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL		10 <i>Father's Day Meal</i> SMOKED SAUSAGE & SAUERKRUAT BAKED BEANS WITH PEPPERS CHOCOLATE CHERRY COBBLER WHOLE WHEAT BUN	
11 HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT		12 VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY, CHERRY CRISP WHOLE GRAIN ROLL		13 CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN		14 BEEF AND BROCCOLO STIR FRY WHITE RICE FAR EAST BLEND POACHED PEARS CHOW MEIN NOODLES		15 LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES CINNAMON APPLES WHOLE GRAIN ROLL	
16 DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL		17 SPAGHETTI AND MEAT SAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL		18 TEXAS CHILI WAX BEANS AND PEPPERS BANANA BREAD PUDDING CORNBREAD MUFFIN		19 SWEET AND SOUR PORK ON BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE WHOLE GRAIN ROLL		20 TUNA BROCCOLI BAKE HARVARD BEETS TRIPLE BERRY COBBLER WHOLE GRAIN ROLL	



Each meal meets the new A.A.A. approved nutritional guidelines.  
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

