





JULY



2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
		May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right. ~Peter Marshall			
3	4	5	6	7	
Country Fried Steak Mashed Potatoes & Gravy Corn Wheat Roll Peaches	Meals on Wheels Office CLOSED 	Salisbury Steak Tiny Whole Potatoes Green Beans Wheat Roll Fruit Cup Chocolate Pudding	Chef Salad Hardboiled Egg Pea Salad Club Crackers Plums	Meatballs & Creamy Noodles Brussel Sprouts Breadstick Pineapple Chunks	812.1 Calories 36.2g Protein 92.3g Carbohydrates 30.3g Fat 927.0mg Sodium
10	11	12	13	14	
Swiss Steak Over Rice Green Beans Wheat Roll Pineapple Chunks	Battered Fish Baby Bakers Ranchero Blend Breadstick Peaches	Italian Chicken Sweet Potatoes Mixed Vegetables Wheat Roll Tropical Fruit Mixed Fruit	BBQ Pork on bun Potato Wedges Baked Beans Orange	Chicken Strips Mashed Potatoes & Gravy Peas & Carrots Wheat Roll Grapes	750.3 Calories 37.4g Protein 106.3g Carbohydrates 18.6g Fat 939.8mg Sodium
17	18	19	20	21	
Chicken, Broccoli & Rice Casserole Cauliflower Wheat Roll Mandarin Oranges Fruit Cup	Beef Stroganoff Capri Blend Breadstick Tropical Fruit Vanilla Wafers	Chicken Salad on Bread 3 Bean Blend Raw Vegetable Salad Pineapple	Roast Beef Mashed Potatoes & Gravy Corn Wheat Roll Lemon Medley	Seasoned Chicken Au Gratin Potatoes Scandinavian Blend Breadstick Plums	775.6 Calories 33.7g Protein 105.6g Carbohydrates 20.3g Fat 884.3mg Sodium
24	25	26	27	28	
Chicken & Dumplings French Green Beans Wheat Roll Applesauce	Turkey Primavera Garden Vegetables Wheat Roll Banana Spice Cake	Meatloaf Mashed Potatoes & Gravy California Blend Breadstick Mixed Fruit	Tuna Salad Sandwich Cottage Cheese Broccoli Salad Peaches	Soft Taco Black Beans Mexi Corn Tropical Fruit	767.1 Calories 37.1g Protein 94.5g Carbohydrates 22.3g Fat 891.6mg Sodium
AUGUST 2017					
July 31st	1	2	3	4	
Baked Chicken Bites Mashed Potatoes & Gravy Succotash Wheat Roll Fruit Cup	Spaghetti & Meatballs Italian Blend Breadstick Strawberries Ginger Snaps	Seasoned Tilapia Over Wild Rice Broccoli & Cauliflower Yeast Roll Pears Chocolate Chip Cookie	Ranch Chicken Scalloped Potatoes Normandy Blend Wheat Roll Apricots	Chili Dog on Bun Seasoned Potato Wedges Carrots Applesauce	772.6 Calories 35.4g Protein 107.3g Carbohydrates 20.2g Fat 794.5mg Sodium

Meals on Wheels of Shawnee & Jefferson Counties, Inc. thanks you for allowing us to assist with your nutritional needs!

Cancellations must be called in before 3:00 p.m. the day before the meal by calling our office at 295-3980.

Menus are subject to change without notice
 Mechanical diets may be different from what is printed.
 Food Stamps or Vision Cards accepted



All meals include 1% Milk
 (SF) = Sugar Free for Diabetic
 All client contributions go back into the program for meal provision