


Call 604-3524 by 12 nn if
you do not want a meal
the following day.

MAY 2012 MEALS ON WHEELS

Extra meals can be ordered
to help increase food
in your home.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Need help with groceries? Store to Door 651-642-1892 Bi-weekly grocery and prescription delivery.</i></p>	1	2	3	4
	<p>Pork Chow Mein Rice / Crunchy Noodles Green Beans Dinner Roll Mandarin Oranges Fortune Cookie</p>	<p>Chicken Pasta Salad Fresh Veggies w/Dip Grapes Buttery Croissant Jell-O Poke Cake (Reg) SF Jell-O Poke Cake (Diab)</p>	<p>Chicken Fried Steak Mashed Potatoes with Country Gravy / Mix Vegetables Fresh Baked Dinner Roll Chilled Pears Butterscotch Pudding (Reg) SF Chocolate Pudding (Diab)</p>	<p>Cod Fish Filet on a Bun Au Gratin Potatoes California Blend Vegetables Chilled Applesauce Lemon Bar (Reg) Lorna Doone (Diab)</p>
7	8	9	10	11
<p>Chicken Ala King Freshly Whipped Potatoes Broccoli Buttermilk Biscuit Mandarin Oranges</p>	<p>Turkey / Cheese on a Croissant Sandwich w/Lettuce and Tomato Sun Chips Creamy Coleslaw Fresh Tropical Kiwi</p>	<p>Cheeseburger on a Bun Cheesy Potatoes Green Beans Sweet Strawberries Chocolate Chip Cookie (Reg) Oatmeal Raisin Cookie (Diab)</p>	<p>Cheese Lasagna Roll Up Italian Mixed Vegetables Garlic Toast Mixed Fruit Lemon Pudding (Reg) SF Chocolate Pudding (Diab)</p>	<p>Meatballs and Gravy Whipped Mashed Potatoes Carrots Fresh Baked Dinner Roll Peach Crisp (Reg) Chilled Peaches (Diab)</p>
14	15	16	17	18
<p>Salisbury Steak Mashed Potatoes Mixed Vegetables Fresh Baked Dinner Roll Chilled Pears</p>	<p>Vegetable Beef Stew Harvard Beets Buttermilk Biscuit Fruited Gelatin (Reg/Diab) Sugar Cookie (Reg) Lorna Doone (Diab)</p>	<p>Chicken Chow Mein Rice / Crunchy Noodles Green Beans Fresh Baked Dinner Roll Mandarin Oranges Fortune Cookie</p>	<p>Chef Salad with Turkey, Turkey-Ham, Cheese, Tomato, Broccoli, Carrots Buttery Croissant Fresh Cantaloupe Banana Pudding (Reg) SF Chocolate Pudding (Diab)</p>	<p>Chicken Alfredo with Fettuccini Noodles Green Peas Garlic Toast Cheesecake w/Topping (Reg) SF Cheesecake (Diab)</p>
21	22	23	24	25
<p>Beef Stroganoff Buttered Noodles California Blend Vegetables Fresh Baked Dinner Roll Chilled Peaches Apple Strudel Stick</p>	<p>Chicken Gravy Freshly Mashed Potatoes Peas and Carrots Fresh Baked Dinner Roll Mixed Fruit</p>	<p>Beef Taco Salad w/Tortilla Chips Lettuce, Cheese, Tomato Brown Rice Golden Corn Cinnamon Applesauce</p>	<p>Homemade Meatloaf Scalloped Potatoes Green Beans Dinner Roll Chilled Pears Frosted Brownie (Reg) Lorna Doone (Diab)</p>	<p>Turkey Tetrizzini Mixed Vegetables Buttermilk Biscuit Chilled Pineapple Cake w/Lemon Topping (Reg) SF Cake w/Whipped Topping (Diab)</p>
28	29	30	31	
<p>CLOSED MEMORIAL DAY HOLIDAY</p>	<p>Chicken Salad on a Croissant Potato Salad Fresh Veggies w/Dip Sweet Strawberries Snicker Doodle Cookie (Reg) Oatmeal Cookie (Diab)</p>	<p>Fish Almandine Rice Pilaf Peas and Carrots Fresh Baked Dinner Roll Chilled Pineapple</p>	<p>BBQ Chicken on a Bun Roasted Red Potatoes Green Beans Grapes Chocolate Cake (Reg) SF Chocolate Cake (Diab)</p>	 <p>(SEE BACK OF MENU)</p>

Reg = Regular Meal / Diab = Diabetic Meal / SF = Sugar Free. Please, no substitutions on dessert items.