

August 2025 Meals on Wheels Menu

				Friday 8/1/25
WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!		NOTE: MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE		MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 8/4/25	Tuesday 8/5/25	Wednesday 8/6/25	Thursday 8/7/25	Friday 8/8/25
CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 8/11/25	Tuesday 8/12/25	Wednesday 8/13/25	Thursday 8/14/25	Friday 8/15/25
CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHEESEBURGER w/onions O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ BREAD HEALTHY HEART SPREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 8/18/25	Tuesday 8/19/25	Wednesday 8/20/25	Thursday 8/21/25	Friday 8/22/25
SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS** BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND** BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 8/25/25	Tuesday 8/26/25	Wednesday 8/27/25	Thursday 8/28/25	Friday 8/29/25
CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).		Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions		Bread or equivalent = 1 serving Fat = 1 teaspoon
				*denotes vitamin A requirement +denotes vitamin C requirements