

MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Brisket w/ sauce Orzo Pasta California Blend Vegetables Mousse & whipped cream Bread/butter FRUIT - apple	Vegetable Lasagna Italian Blend Vegetables Warm Cinnamon Apples Spinach Salad Bread/butter Salad dressing	Chicken Salad Scoop on lettuce/tomato Pasta Salad side Assorted crackers Chocolate Chip Cookies FRUIT - banana	Baked Cod w/lemon wedge Sweet Potatoes Capri Blend Vegetables Sugar Cookies Tartar Sauce	Mojo Chicken w/ sauce Black beans on Yellow Rice Green Beans Tomato & Onion Salad Side Bread/butter
Week 2	Italian Roast Chicken Rice Vegetable Blend Sugar Cookies Bread/butter FRUIT apple	Roast Turkey with Gravy Stuffing Green Beans Orange Dream Pie w/ whipped cream Bread/butter	Home Style Meatloaf Mashed Potatoes & Gravy Peas and Carrots Angel Food Cake with Strawberry Glaze Bread/butter FRUIT - banana	Tuna Salad Scoop on lettuce/tomato Pasta salad side Assorted crackers Frosted Chocolate Brownie	Spaghetti with Meat Sauce Green Beans Tossed Salad Oatmeal Cookies Bread/butter Salad Dressing
Week 3	Chicken Caesar Salad Caesar Dressing Carrot Cake Bread/butter FRUIT - apple	Stuffed Cabbage Roll Mashed Potatoes Carrots Tossed Salad Bread/butter Salad Dressing	Sweet & Sour Chicken w/ pineapple garnish Steamed Rice Green Peas Fortune cookies FRUIT - banana	Turkey Sliders Lettuce & Tomato on side Pineapple Upside Down Cake Fruit Cup Mayo/Mustard	Broiled Tilapia w/ lemon Yellow Rice Italian Blend Vegetables Chocolate Chip Cookies Tartar Sauce
Week 4	Pot Roast Mashed Potatoes & Gravy Carrots Chocolate Pudding Bread/butter FRUIT – Apple	Tuna Salad Scoop on lettuce/tomato Pasta salad side Assorted crackers Fresh Fruit Cup Fruited Jell-O	Pasta with Meat sauce Green Beans Tossed Salad Chocolate Chip Cookie Bread/butter FRUIT – banana	BBQ Chicken Macaroni & Cheese Collard Greens Cornbread Frosted Cupcake	Greek Salad with Chicken Pita Bread Slices Greek Dressing Pound Cake

WE ARE
Meals On Wheels
so no senior goes hungry...

**PALM
BEACHES**

Substitutions may be made at the discretion of the kitchen
MEALSONWHEELSPALMBEACHES.ORG (561) 802-6979