

August 2017

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MILK SERVED DAILY: 1/2 PINT	1 Beef Taco California Blend Veg. Pinto Beans Fruit/Dessert	2 Chicken Alfredo Italian Blend Veg. Broccoli Fruit/Dessert	3 Salisbury Steak Mashed Potatoes Carrot Coins Fruit/Dessert	4 NO LUNCH DELIVERY	5
6	7 Sloppy Joes Sweet Potatoes Winter Blend Veg. Fruit/Dessert	8 Chicken Salad Garden Salad Beets Fruit/Dessert	9 Beef Stuffed Pepper Flame Roasted Corn Asparagus Fruit/Dessert	10 Roasted Pork Loin Baked Potatoes Normandy Blend Veg. Fruit/Dessert	11 NO LUNCH DELIVERY	12
13	14 Baked Ziti Italian Blend Veg. Asparagus Fruit/Dessert	15 Sub Sandwich Pasta Salad Coleslaw Fruit/Dessert	16 Beef Pot Pie Country Mix Veg. Yellow Squash Fruit/Dessert	17 Chicken Chow Mein Snap Peas Oriental Mix Veg. Fruit/Dessert	18 NO LUNCH DELIVERY	19
20	21 Swedish Meatballs Carrots Lima Beans Fruit/Dessert	22 Chef Salad Potato Salad Tomato Slices Fruit/Dessert	23 Chicken Fajita Refried Beans Sliced Tomatoes Fruit/Dessert	24 Italian Sausage Brussel Sprouts Cauliflower Fruit/Dessert	25 NO LUNCH DELIVERY	26
27	28 Baked Tilapia Scandinavian Mix Veg. Stewed Tomatoes Fruit/Dessert	29 Beef & Bean Chili Baked Potato Carrots Fruit/Dessert	30 Turkey Burger Flame Roasted Corn Caribbean Mix Veg. Fruit/Dessert	31 Stuffed Chicken Breast Baked Yams Green Beans Fruit/Dessert	**YWCA MENU SUBJECT TO CHANGE**	