

July 2017

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Hamburger Baked Beans Flame Roasted Corn Fruit/Dessert	4 HOLIDAY NO LUNCH SERVED	5 Baked Ziti Italian Blend Veg. Asparagus Fruit/Dessert	6 Chicken Chow Mein Snap Peas Oriental Mix Veg. Fruit/Dessert	7 NO LUNCH DELIVERY	8
9	10 Swedish Meatballs Carrots Lima Beans Fruit/Dessert	11 Chicken Fajita Refried Beans Sliced Tomatoes Fruit/Dessert	12 Tuna Salad Potato Salad Carrot Raisin Salad Fruit/Dessert	13 Meatloaf Mashed Potatoes Country Mix Veg. Fruit/Dessert	14 NO LUNCH DELIVERY	15
16	17 Baked Tilapia Scandinavian Mix Veg. Stewed Tomatoes Fruit/Dessert	18 Beef & Bean Chili Baked Potato Carrots Fruit/Dessert	19 Turkey Burger Flame Roasted Corn Caribbean Mix Veg. Fruit/Dessert	20 Stuffed Chicken Breast Baked Yams Green Beans Fruit/Dessert	21 NO LUNCH DELIVERY	22
23	24 Spaghetti & Meatballs Sicilian Blend Veg. Italian Green Beans Fruit/Dessert	25 BBQ Chicken Steamed Cabbage Calif. Blend Veg. Fruit/Dessert	26 Country Fried Steak Mashed Potatoes Normandy Blend Veg. Fruit/Dessert	27 Pork Cutlet Spanish Rice Charro Beans Fruit/Dessert	28 NO LUNCH DELIVERY	29
30	31 Baked Cod Tuscany Blend Veg. Potato Salad Fruit/Dessert		MILK SERVED DAILY: 1/2 PINT		**YWCA MENU SUBJECT TO CHANGE**	