

June 2019

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Meals are delivered from 10:15-1:30 Monday-Thursday	MILK SERVED DAILY: ½ Pint	*Special Diets May Vary*		<i>This heat can be dangerous. Please keep water with you at all times.</i>	1
2	3 Veggie Burger Dilled Carrots Rosemary Potatoes Applesauce	4 Broccoli & Beef over Rice Steamed Cabbage Fresh Fruit	5 Chicken Alfredo Italian Mix Veg. Zucchini & Squash Fruited Yogurt	6 Seafood Salad Tomato Wedges Potato Salad Fruited Yogurt	7 NO LUNCH SERVED	8
9	10 Beef Fajita Fiesta Blend Veg. Snap Peas Pineapple Tidbits	11 Stuffed Chicken Breast Steamed Broccoli Country Mix Veg. Fresh Fruit	12 Pork Chop Suey Asian Blend Veg. Egg Roll Diced Pears	13 All Beef Hotdog Seasoned Potatoes Baked Beans Pineapple Chunks	14 NO LUNCH SERVED	15
16	17 Sweet & Sour Chicken Baby Carrots Egg Roll Mandarin Oranges	18 Ham Slice Scalloped Potatoes Brussel Sprouts Fresh Fruit	19 Chicken Enchilada Casserole Stewed Tomatoes California Blend Veg. Chilled Peaches	20 Lemon Pepper Fish Carrot Coins Lima Beans Peach Slices	21 NO LUNCH SERVED	22
23	24 Meatloaf Mashed Potatoes Capri Mix Veg. Diced Pears	25 Tuna Salad Tomato & Cucumbers Potato Salad Fresh Fruit	26 Baked Lasagna Italian Green Beans Carrot Coins Fresh Fruit	27 BBQ Chicken Sweet Potatoes Buttered Corn Fruit Cocktail	28 NO LUNCH SERVED	29
30						