

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEALS ON WHEELS OFFICE 239-337-1055 DELIVERY TIME 9:30AM TO NOON MONDAY THROUGH SATURDAY *MENU SUBJECT TO CHANGE WITHOUT NOTICE						1 Garden Salad with a Scoop of Tuna Salad Muffin
2 Arroz Con Pollo Vegetable Dessert	3 Baked Ham Sweet potatoes Vegetable Dessert	4 Vegetable Chili w/brown rice Squash Dessert	5 Meatloaf Mashed Potatoes Green Beans Dessert	6 Chicken Cacciatore Spaghetti Marinara Broccoli & Cauliflower Dessert	7 Tuna Casserole Mixed Vegetables Dessert	8 Cuban Sandwich Cucumber Salad Dessert
9 vegetarian Lasagna Green Beans Dessert	10 BBQ chicken Baked beans Vegetable Dessert	11 Sweet Potato & Sausage Strata Home fries Harvard Beets	12 Cheeseburger Roasted Potatoes Vegetable Dessert	13 Baked Ziti Zucchini Dessert	14 Crab Cakes Mashed Potatoes Summer Squash Dessert	15 Chef's Salad Chocolate Zucchini Bread
16 Pulled Pork Mojo Rice Peas Dessert	17 Spaghetti Bolognese Broccoli Dessert	18 Italian Sausage and Peppers over Rice Stewed White Beans Dessert	19 Roasted Turkey Mashed Potatoes Peas & Pearl Onions w/homemade dressing & dessert	20 Baked Chicken Roasted Sweet Potatoes Vegetable Dessert	21 Lemon pepper fish Rice Pilaf Mixed Vegetables Dessert	22 Ham & cheese sandwich Fruit Dessert
23 Chicken Divan Broccoli Dessert	24 Kielbasa & Sauerkraut Vegetable Dessert	25 Macaroni and Beef Summer Squash Dessert	26 Jerk Chicken Caribbean Rice & Peas Sweet Potatoes Dessert	27 Roasted pork loin Homemade stuffing Vegetable Dessert	28 Shrimp scampi Over linguini Fresh Vegetable Dessert	29 Antipasto Salad Dinner Roll

30 Picadillo Brown Rice Mixed Vegetables Dessert						
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MOW JUNE 2019