

Name: _____

Route: _____

Meals on Wheels

Menu

Week 1

Monday

Sweet & Sour Meatballs w/Rice

Meatballs in a sweet and sour glaze, served on a bed of white rice.

Vegetable Lasagna

Pasta noodles and vegetables in a creamy sauce, topped with breadcrumbs.

SIDES (CHOOSE 2): Succotash, Spinach

(CHECK ONE)

___ Skim Milk

___ 2% Milk

___ Water

___ Juice

Tuesday

Cheesy Chicken Noodle Casserole

Diced chicken, peppers, onions, and egg noodles topped with cheddar and Monterey Jack cheese.

Brown Sugar Basil Pork Chop

A baked, brown sugar and basil rubbed boneless pork chop.

SIDES (CHOOSE 2): Far East Vegetables, Lima Beans

Wednesday

Sloppy Joe Casserole

Traditional sloppy joe with corn, rice, and cheese added, then baked.

BBQ Chicken Thighs

Moist dark meat chicken thigh brushed with BBQ Sauce

SIDES (CHOOSE 2): Baked Beans, Cauliflower

Thursday

Chicken Stir Fry Bake

Layers of rice, water chestnuts, chicken, and vegetables with stir fry sauce.

Glazed Ham

Baked ham glazed with a brown sugar glaze and then sliced.

SIDES (CHOOSE 2): Cornbread Stuffing, Green Beans

Friday

Lemon Pepper Whitefish

Baked whitefish with lemon pepper seasoning.

Chicken Thigh w/Sauce

Tender chicken thigh baked in a paprika and onion sauce.

SIDES (CHOOSE 2): Mashed Potatoes w/Gr, Broccoli

Monday**Smoked Sausage w/Bun**

A smoked sausage served with a bun.

Chicken Enchiladas

Tender chicken in a corn tortilla, covered with enchilada sauce and melted cheese.

SIDES (CHOOSE 2): Au Gratin Potatoes, Green Beans

Tuesday**Southwest Beef Casserole**

Ground beef, pasta noodles, kidney beans, green chiles, and tomatoes, seasoned with southwest spices.

Turkey Pot Roast

Tender chunks of savory turkey pot roast.

SIDES (CHOOSE 2): Mashed Potatoes, Broccoli & Cauliflower

Wednesday**Swiss Chicken Bake**

Boneless chicken in a mushroom wine sauce, served over rice.

Ham, Green Bean & Potato Casserole

Chunks of ham with diced potatoes and green beans.

SIDES (CHOOSE 2): Brussels Sprouts, Corn

Thursday**Chicken & Noodles**

Tender bites of chicken mixed with seasoned egg noodles.

Garlic Mushroom Pork Chop

Pork chop marinated in a garlic and mushroom sauce.

SIDES (CHOOSE 2): Mashed Potatoes, Mixed Vegetables

Friday**Cheddar Chicken Casserole**

Baked casserole with chunks of chicken, vegetables, pasta, and cheddar cheese.

Meatloaf w/Demi-Glace

Hearty meatloaf with a demi-glace sauce.

SIDES (CHOOSE 2): Roasted Garlic Potatoes, Carrots

Monday**Hot dog w/Bun**

An all-beef hotdog served with a bun.

Hawaiian Chicken and Rice

Tender chunks of chicken in a pineapple sweet and sour sauce, served over rice.

SIDES (CHOOSE 2): Baked Beans, Peas & Carrots

Tuesday**Cheese Manicotti**

Manicotti noodles stuffed with cheese and topped with marinara sauce.

Kentucky Flats

Chuck steak flats marinated in a Kentucky Bourbon sauce.

SIDES (CHOOSE 2): Au Gratin potatoes, California Blend

Wednesday**BBQ Pulled Pork w/Bun**

Shredded tender pork with barbecue sauce served with or without a bun.

Curried Chicken & Broccoli w/Rice

Tender chunks of chicken with broccoli florets in a creamy curry sauce, served over rice.

SIDES (CHOOSE 2): Macaroni & Cheese, Mixed Vegetables

Thursday**Roast Turkey w/Gravy**

Slow roasted turkey breast.

Italian Meatball Casserole

Pasta with mini meatballs in an Italian sauce.

SIDES (CHOOSE 2): Stuffing w/Gravy, Green Beans

Friday**Deli Ham & Cheese Sandwich**

Cold deli ham with sliced Co-jack cheese on a hamburger bun.

Chicken Salad Croissant

Chicken Salad served on a buttery croissant.

SIDES (CHOOSE 2): Potato Salad, 3-Bean Salad

Monday**Salisbury Steak**

Tender seasoned beef patty baked in a mushroom and onion gravy.

Beef, Bean & Cheese Burrito

Beef, bean, rice, and cheese stuffed burrito.

SIDES (CHOOSE 2): Mashed Potatoes, Corn

Tuesday**Chicken Stroganoff**

Tender chunks of chicken in a traditional stroganoff sauce, served with egg noodles.

Scrambled Eggs, Ham, and Cheese

Scrambled eggs with diced ham and cheese.

SIDES (CHOOSE 2): Cheesy Bacon Hashbrowns, Broccoli

Wednesday**Chicken & Rice Casserole**

Chunks of chicken mixed with wild rice and vegetables.

Meatloaf

Homestyle meatloaf served with a tomato glaze.

SIDES (CHOOSE 2): Mashed Potatoes w/Gr, Peas

Thursday**Beef & Noodles**

Tender chunks of beef served with seasoned noodles.

Teriyaki Chicken

Chicken thigh marinated in teriyaki sauce.

SIDES (CHOOSE 2): Fried Rice, Mixed Vegetables

Friday**Pot Roast**

Tender sliced beef pot roast.

Whole Grain Pollock

Flaky pollock breaded with a tasty 10-grain breading.

SIDES (CHOOSE 2): Roasted Potatoes, Roasted Carrots