

Name: _____

Route: _____

Meals on Wheels

Menu

Week 1

Monday

Beef & Noodles

Tender chunks of beef served with seasoned noodles.

Chicken Cordon Bleu

A breaded chicken breast filled with Swiss cheese and ham.

SIDES (CHOOSE 2): Mashed Potatoes w/Gr, Green Beans, Brussels Sprouts

(CHECK ONE)

Skim Milk

2% Milk

Water

Juice

Tuesday

Smoked Sausage w/Bun

A smoked sausage served with a bun.

Chicken Fettuccini Alfredo

Fettuccini noodles and tender chicken chunks served in a creamy Alfredo sauce.

SIDES (CHOOSE 2): Broccoli, Corn, Seasoned Sauerkraut

Wednesday

Kentucky Flats

Chuck steak flats marinated in a Kentucky bourbon sauce.

Vegetable Lasagna

Layers of pasta noodles and vegetables in a creamy sauce, topped with toasted breadcrumbs.

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

Thursday

BBQ Pulled Pork (No Bun)

Shredded tender pork with barbecue sauce.

Meatloaf w/Demi-Glace

Hearty meatloaf with a demi-glace sauce.

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

Friday

Parmesan Tilapia

Boneless Tilapia with a parmesan panko breading, baked until golden brown.

Pork Stew

Chunks of tender pork with stew vegetables.

SIDES (CHOOSE 2): Cheesy Potatoes, Sesame Green Beans, Diced Beets

Monday**BBQ Meatballs**

Meatballs in a barbecue sauce.

Ham & Beans

Hearty northern beans with chunks of ham.

SIDES (CHOOSE 2): Cornbread, Cauliflower, Spinach

Tuesday**American Spaghetti**

Homestyle spaghetti noodles mixed with a thick Italian meat sauce.

Pork Loin w/Gr

Tender sliced pork loin with pork gravy.

SIDES (CHOOSE 2): Mashed Sweet Potatoes, Garlic Cheddar Biscuit, Green Beans

Wednesday**Ham, Broccoli, and Cheese Casserole**

A flaky biscuit crust over ham and broccoli florets, topped with cheddar cheese.

Garlic Cheddar Chicken

A chicken breast coated in cheddar cheese, breadcrumbs, and a hint of garlic.

SIDES (CHOOSE 2): Wild Rice, Carrots, Corn

Thursday**Chicken & Noodles**

Tender bites of chicken mixed with seasoned egg noodles.

Honey Garlic Pork Chop

Baked pork chop with a honey garlic glaze.

SIDES (CHOOSE 2): Mashed Potatoes, Prince Charles Blend, Lima Beans

Friday**Salmon Loaf w/Lemon Pepper Cream Sauce**

A flaky salmon loaf served with a lemon pepper sauce.

Chicken Chili

A thick and hearty chili with chicken, northern beans, and seasonings.

SIDES (CHOOSE 2): Potato Wedges, Broccoli, Peas

Monday

Swedish Meatballs

Tender meatballs in a Swedish sauce.

Crustless Spinach Quiche

A light and fluffy egg, spinach, mushroom, and cheese mixture baked until golden brown.

SIDES (CHOOSE 2): Wild Rice, Mixed Vegetables, Lima Beans

Tuesday

Italian Chicken Casserole

Chunks of chicken with penne pasta in a chunky Italian tomato sauce.

Parmesan Sage Pork Chop

A pork chop coated with a parmesan and sage breading.

SIDES (CHOOSE 2): Loaded Mashed Potatoes, Caribbean Blend, Creamed Corn

Wednesday

Hot dog w/Bun

An all-beef hotdog served with a bun.

Vegetable Stir Fry w/Noodles

A mixture of vegetables, noodles, and stir fry sauce.

SIDES (CHOOSE 2): Seasoned Potato Wedges, Baked Beans, Carrots

Thursday

Beef Stroganoff

Tender beef chunks in a beefy mushroom and sour cream sauce, served over noodles.

Glazed Ham

Baked ham with a brown sugar and honey glaze.

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

Friday

Lemon Pepper Whitefish

Baked whitefish with a lemon pepper seasoning.

Meatloaf

Homestyle meatloaf with a tomato glaze.

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

Monday**Salisbury Steak**

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

BBQ Chicken

A chicken thigh brushed with a barbecue glaze.

SIDES (CHOOSE 2): Mashed Potatoes w/Gr, Mixed Vegetables, Creamed Corn

Tuesday**Lemon Parsley Chicken**

Baked chicken breast marinated with fresh lemon and parsley.

Pot Roast

Tender sliced beef pot roast.

SIDES (CHOOSE 2): Roasted Potatoes, Roasted Carrots, Stir Fry Vegetables

Wednesday**Chicken & Noodles**

Tender bites of chicken mixed with seasoned egg noodles.

Taco Pie

Seasoned beef with tomatoes and cheese, topped with a flaky biscuit crust.

SIDES (CHOOSE 2): Mashed Potatoes, Corn, Spinach

Thursday**Southwest Chicken Casserole**

Boneless chicken served with black beans, corn, and diced tomatoes, with a southwest twist.

Maple Glazed Pork Chop

A baked pork chop with a maple glaze.

SIDES (CHOOSE 2): Au Gratin Potatoes, Roasted Broccoli, Prince Charles Blend

Friday**Whole Grain Pollock**

Flaky pollock breaded with a tasty 10-grain breading.

Pepperoni Penne

Penne Pasta with slices of pepperoni in a zesty Italian sauce.

SIDES (CHOOSE 2): Cheddar Bacon Hashbrowns, Caribbean Blend, Beets