

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



August 2017

Menu Is Subject To Change Without Notice

Meals are Funded By



Along with Participant Contributions,
United Way Partners, Grant Awards and
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey à la King Baked Potato w/ Sour Cream California Blend Vegetables Whole Wheat Roll Mandarin Oranges	2 Grilled Chicken Breast Sandwich w/ Fixings Seasoned Green Beans Sweet Yellow Corn Bun Sliced Pears	3 National Watermelon Day Breaded Baked Fish Baked Sweet Potatoes Broccoli Florets Whole Wheat Biscuit Watermelon	4 National Chocolate Cookie Day Chef Salad w/ Turkey / Cheese / Turkey Ham / Egg / Tomato / Pepper / Ranch Dressing Potato Salad Whole Wheat Roll Chocolate Chip Cookie
7 Chicken Teriyaki over Rice Oriental Blend Vegetables Green Beans Whole Wheat Biscuit Pineapple	8 Spinach Salad w/ Ground Beef & Blueberries Potato Salad Cornbread Muffin Fruited Jell-O	9 Turkey Pot Pie Mashed Potatoes Green Beans Whole Wheat Dinner Roll Cranberry Crunch Salad	10 Tilapia Confetti Rice Brussels Sprouts Whole Wheat Roll Applesauce	11 Baked Ziti w/ Four Cheeses Side Salad w/ French Dressing Peas & Onions French Bread Fruit Cocktail in Sugar Free Pudding
14 Liver & Onions Mashed Potatoes w/ Gravy Baked Zucchini Squares Rye Bread Berry Applesauce	15 BBQ Chicken Hot German Potato Salad Coleslaw Bread Pudding Pears	16 <p style="text-align: center;">Annual Cookout at the Fairgrounds</p>	17 Chicken Enchilada Casserole Brown Rice Mixed Salad w/ Ranch Dressing Corn Bread Muffin Peaches	18 Egg & Sausage Frittata Potatoes O'Brien Baked Parmesan Tomatoes Blueberry Muffin Fresh Seasonal Fruit
21 Lasagna Casserole Italian Vegetable Blend Garlic Bread Sliced Pears	22 Sliced Roast Pork w/ Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Biscuit Bananas in Jell-O	23 Homemade Meatloaf Twice Baked Potatoes California Blend Vegetables Whole Wheat Roll Apricots	24 Citrus Chicken Yellow Corn Mixed Salad w/ French Dressing Cornbread Applesauce	25 Mock Crab Salad Creamy Pasta Salad Celery Sticks w/ Ranch Whole Wheat Bread Fruit Punch / Birthday Cake
28 Sliced Turkey w/ Gravy Mashed Potatoes French Green Beans Whole Wheat Roll Warm Peach Crumble	29 Spinach / Ham Macaroni & Cheese Zucchini & Tomatoes Diced Carrots / Crackers Lime Perfection Salad	30 Veal Parmesan w/ Sauce over Linguine Italian Blend Vegetables Brussels Sprouts Whole Wheat Roll / Peaches	31 Southwest Chicken over Rice Lemon Pepper Cauliflower Tossed Salad w/ French Dressing Bread Fruited Jell-O	<p style="text-align: center;">Meals Provide (per week)</p> <p style="text-align: center;">85 grams of Carbs 600 - 850 Calories</p> <p style="text-align: center;">19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium / 2% Milk</p>