

Meals on Wheels of SW Michigan/
Senior Nutrition Services
Congregate Menu



August 2018

Menu Is Subject To Change Without Notice

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (average per week) 85 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>		<p>1 Salisbury Steak Mashed Sweet Potatoes Steamed Zucchini Corn Muffin Pears</p>	<p>2 Tuna Salad On a Bed of Fresh Greens Sliced Tomatoes Whole Wheat Bread Fruited Yogurt</p>	<p>3 Stuffed Green Peppers Roasted Potatoes Whole Wheat Roll Peach Cobbler</p>
<p>6 Sweet and Sour Chicken Rice Asian Green Beans Whole Wheat Biscuit Mandarin Oranges</p>	<p>7 Spinach Salad w/ Beef Potato Salad Cornbread Muffin Fruited Jell-O</p>	<p>8 Turkey à la King Noodles Peas Whole Wheat Bread Melon</p>	<p>9 Baked Tilapia Confetti Rice / Beet Salad Steamed Carrots Whole Wheat Roll Peaches</p>	<p>10 Hot Beef Sandwich Mashed Potatoes Green Bean Salad Whole Wheat Bread Ambrosia</p>
<p>13 Hamburger on a Bun Macaroni Salad Three Bean Salad Pineapple</p>	<p>14 BBQ Chicken Hot Potato Salad Cucumber / Tomato Salad Whole Wheat Roll Pears</p>	<p>15 Annual Cookout at the Fairgrounds</p>	<p>16 Bratwurst w/ Onions and Mushrooms Bun Beet Salad Apricots</p>	<p>17 Lemon Baked Fish Herbed Rice / Cole Slaw Roasted Vegetables Mini Breadsticks Seasonal Fruit Crisp</p>
<p>20 Swiss Steak w/ Onions Roasted Potatoes Steamed Spinach Whole Wheat Bread Ambrosia Fruit Salad</p>	<p>21 Tuna Noodle Casserole w/ Peas & Carrots Steamed Broccoli Florets Whole Wheat Roll Peaches</p>	<p>22 Ham & Cheese Frittata Roasted Tomatoes Steamed Carrots Whole Wheat Bread Seasonal Fruit</p>	<p>23 Entrée Salad w/ Chicken, Cheese, & Tomato on Lettuce Sweet Corn Crackers Fruited Yogurt</p>	<p>24 Baked Ziti w/ Meat Side Salad w/ Tomatoes & Cucumbers French Bread Slice Fruit Cocktail</p>
<p>27 Taco Salad Black Beans & Corn Sautéed Zucchini w/ Onions Tortilla Chips Fresh Fruit in Season</p>	<p>28 Pork Loin Baked Sweet Potato Steamed Peas Corn Muffin Golden Fruit Mix</p>	<p>29 Mock Crab Salad on Lettuce Creamy Pasta Salad Celery Sticks w/ Dip Whole Wheat Bread Fruit Punch</p>	<p>30 Egg & Ham Frittata Baked Cheesy Tomatoes Blueberry Muffin Fresh Seasonal Fruit</p>	<p>31 Chicken Enchilada Brown Rice Succotash Mixed Salad w/ Ranch Pears Birthday Cake</p>