

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



July 2018

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
2 Summer Veggie Pasta w/ Cheese Vegetables in Season Side Salad w/ Dressing Bread Sticks	3 4th of July Meal BBQ Chicken Potato Salad Coleslaw Cornbread Seasonal Fruit	4 <p style="text-align: center;">Closed for Independence Day</p>	5 Mac & Cheese Sautéed Carrots Salad w/ Dressing Multigrain Roll Apricots	6 Pulled Pork Sandwich on Whole Wheat Bun Apple Baked Beans Celery & Carrots w/ Ranch Dip Tropical Fruit Salad
9 Chicken Enchilada Casserole Mexican Rice Green Salad w/ Dressing Peaches	10 Bratwurst w/ Sautéed Onions & Mushrooms on Bun Beet Salad Watermelon	11 Swedish Meatballs over Noodles Tomato & Cucumber Salad Whole Wheat Roll Mandarin Oranges	12 Hot Beef Sandwich Mashed Potatoes Green Bean Salad Whole Wheat Bread Ambrosia	13 LC CLOSED / FSC OPEN Quiche with Bacon Roasted Potatoes Baked Tomatoes French Bread Slices Fruit Salad
16 Meatloaf Mac & Cheese Spinach Salad Whole Wheat Bread Applesauce	17 Hawaiian Chicken Salad on a Bed of Lettuce Three Bean Salad Whole Wheat Roll Pineapple	18 Vegetable & Tuna Pasta Salad Lightly Steamed Carrots Crackers Melon in Season	19 Sliced Roast Pork Mashed Potatoes w/ Gravy Chef's Choice Vegetables Corn Muffin Fruited Jell-O	20 Lemon Baked Fish Herbed Rice Roasted Vegetables Mini Breadsticks Seasonal Fruit Crisp
23 Tuna Noodle Casserole w/ Peas & Carrots Steamed Broccoli Florets Whole Wheat Roll Peaches	24 Ham & Cheese Frittata Roasted Tomatoes Steamed Carrots Whole Wheat Bread Seasonal Fruit	25 Entrée Salad w/ Chicken / Cheese / Tomato Sweet Corn Crackers Fruited Yogurt	26 Spanish Rice w/ Meat & Beans Santa Fe Blend Vegetables Side Salad w/ French Dressing Whole Wheat Bread Applesauce	27 Hamburger on a Bun Macaroni Salad Mixed Green Salad w/ Dressing Pears Birthday Cake
30 Taco Salad w/ Black Beans & Corn Sautéed Zucchini w/ Onions Tortilla Chips Fresh Fruit in Season	31 Pork Loin Baked Sweet Potato Steamed Peas Corn Muffin Golden Fruit Mix		LC = Lowe Center FSC = Front Street Crossing	Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal