

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu

Meals are Funded By



June 2018



Menu Is Subject To Change Without Notice

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

Monday	Tuesday	Wednesday	Thursday	Friday
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			1 Taco Salad Black Bean & Corn Salad Tortilla Chips Cantaloupe
4 Meatloaf Baked Potato w/ Sour Cream Green Beans Whole Wheat Roll Apricots	5 Chicken Broccoli Casserole Scalloped Tomatoes Carrots Whole Wheat Bread Banana Bread	6 Zucchini Pasta w/ Meat Harvest Beets Side Salad w/ French Dressing Breadstick Peach Cobbler	7 Honey Mustard Pork Chop Twice Baked Potato Corn Zucchini Sauté Whole Wheat Roll Fruited Yogurt	8 Salmon Patty Simple Baked Rice Roasted Vegetables Cornbread Blueberry Crisp
11 Broccoli & Cheese Quiche Potatoes O'Brien Tomato Salad 1/2 English Muffin Pears	12 Beef Stroganoff over Noodles Corn Marinated Vegetable Salad Rye Bread Fresh Orange	13 Brat w/ Fixings Potato Salad Baked Beans Whole Wheat Bun Watermelon	14 Vegetable & Tuna Pasta Salad Peas & Cheese Salad Crackers Applesauce	15 BBQ Boneless Pork Loin Macaroni & Cheese Coleslaw Whole Wheat Roll Fruit Cocktail
18 Beef Chop Suey Rice Asian Blend Vegetables Whole Wheat Bread Golden Fruit Mix	19 Oven Fried Chicken Whipped Sweet Potatoes Peas Whole Wheat Biscuit Jell-O w/ Fruit	20 Orchard Turkey Salad Wrap w/ Cheese Side Salad w/ Tomatoes Creamy Pasta Fruit Cocktail	21 Spanish Rice w/ Meat & Beans Santa Fe Blend Vegetables Side Salad w/ French Dressing Whole Wheat Bread Applesauce	22 Bacon & Cheese Quiche Potato Wedges Stewed Tomatoes Whole Wheat Roll Juice
25 Oven Baked Chicken Stew Mashed Potatoes Corn & Red Peppers Whole Wheat Bread Pear Slices	26 Baked Macaroni & Cheese Stewed Tomatoes Zucchini Side Salad w/ French Dressing Cornbread Applesauce	27 Smothered Boneless Pork Chop Mashed Potatoes Carrots Whole Wheat Biscuit Citrus Mix	28 LC CLOSED / FSC OPEN Chef Salad w/ Turkey Ham / Egg Turkey / Cheese / Tomato / Pepper / Ranch Dressing Macaroni Salad Graham Crackers Strawberries in Jell-O	29 Chicken Provolone Whipped Sweet Potatoes Asparagus Whole Wheat Dinner Roll Mandarin Oranges Birthday Cake