

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



June 2019

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
<b>3</b> Vegetable Lasagna Side Salad Broccoli Florets Breadsticks Pineapple	<b>4</b> Salmon Patty w/ Tartar Sauce Scalloped Potatoes Green Beans Dinner Roll Ambrosia	<b>5</b> Chicken à la King European Blend Vegetables Green Salad w/ Dressing Biscuit Pears	<b>6</b> Sliced Roast Beef w/ Gravy Mashed Potatoes Steamed Broccoli Dinner Roll Peaches	<b>7</b> Ham w/ Pineapple Sauce Macaroni Salad Steamed Spinach Tomato Salad Citrus Mix
<b>10</b> Baked BBQ Pork Chop Potatoes Capri Blend Vegetables Biscuit Apple Sauce	<b>11</b> Swedish Meatballs White Rice Peas & Peppers Whole Wheat Roll Pineapple	<b>12</b> Honey Mustard Chicken Green Peas Carrot Coins Cornbread Mandarin Oranges	<b>13</b> Liver & Onions Mashed Potatoes w/ Gravy Spring Mix & Tomato Salad Fruit & Yogurt Parfait	<b>14</b> Salisbury Steak Mashed Potatoes Sliced Beets Tossed Salad w/ Dressing Dinner Roll Pie
<b>17</b> Sloppy Joes Coleslaw Tomato & Onion Salad Bun Mandarin Oranges	<b>18</b> Egg & Broccoli Frittata Potatoes O'Brien Beet & Corn Salad w/ Ranch Blueberry Muffin Pears	<b>19</b> Sausage, Marinara & Cheese Pasta Wax Beans Cucumber Salad Breadstick Jello w/ Fruit	<b>20</b> BBQ Pork Sandwich Coleslaw Side Salad Bun Pineapple	<b>21</b> Roast Beef w/ Gravy Mashed Potatoes Steamed Zucchini Dinner Roll Plums
<b>24</b> Chicken Tetrazini w/ Peppers Steamed Broccoli Roll Peaches	<b>25</b> Traditional Chili Dirty Rice Mustard Greens Crackers Strawberries	<b>26</b> Swiss Steak Mashed Potato Cucumber & Onion Salad Lima Beans Jello w/ Fruit	<b>27</b> Tuna Noodle Casserole Peas Squash Whole Wheat Bread Melon	<b>28</b> Herb Roast Chicken Potato Salad Peas & Carrots Dinner Roll Birthday Cake Fruit
			Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal	